



TRENDS ON CAMPUS

Students slump around by day and break out the designer threads by night.
page 7

PERSPECTIVES Today abstinence is still thriving

A&E Paul Herman puts on his dancing shoes

FEATURES Spotlight: Patricia Ripley publishes book

April 10, 2008
Volume 26 Issue 34

The SPECTRUM

SHU's News Source Since 1983
Sacred Heart University • Fairfield, Conn.

Phone: (203) 371-7966

www.sacredheartspectrum.com

Prof. Robert Russo elected to state senate

SHU's own political science professor plans to make a difference

Christina Piazza
Staff Reporter

A revolutionary ringleader presents the battle of reality vs. theory this semester in Government classes.

After a year of teaching Introduction to American Government for the political science department, professor Robert Russo has been elected to the state Senate.

"I'm concerned about my community in Bridgeport and I think I can make a difference," said Russo.

Russo's victory comes after two previous losses for the Senate seat.

"He won 61 percent of the vote in a special election in March, when the previous Senator Bill Finch moved up to become mayor of Bridgeport. He will have to campaign again in November 2008 to renew a two year term in the Senate," said Dr. Gary Rose, political science department chair.

Russo has served as Deputy Chief of Staff for Congressman Christopher Shays, in addition to chairman of the Bridgeport Republican Party.

Russo plans to enrich students' knowledge with stories from his first hand experience in the roles he has served.

"Government politics is a lot more difficult and complicated than the textbook portrays," said Russo. "However, it is also more human."

Rose is trying to take a more realistic approach with the curriculum. Currently, the department has a lobbyist teaching a class in the evening and Russo's addition further advances this goal.

"We want to give our students more than a theory," said Rose. "I would urge students to take a course with a practitioner to see reality vs. theory."

Furthermore, students have already begun to take advantage of Russo's experience.

"He has already become quite popular amongst the students," said Rose. "He is



Photo contributed by Prof. Gary Rose

Rob Russo plans to make a difference to both students and residents of Conn.

very connected to internships and students will have a lot of opportunities with him, one being a direct internship with his office."

Russo's credentials will provide for realistic lectures.

"I think that having professor Russo now on the state Senate is an extreme plus for Sacred Heart University and especially the students," said student body president, junior Matthew Telvi. "The insight that he will continue to share to his students will be firsthand knowledge and will hopefully

grab student's attention in a different manner."

Additionally, Russo already has an agenda planned for what he would like to accomplish in office. First and foremost, he would like to address the high cost of living.

"Seniors are terrified and businesses are having difficulty growing with all these costs," said Russo.

Moreover, looking at the Sacred Heart community, he feels Conn. is driving out to See xxx on page 5...

CCSU student abducted: Can this happen to a SHU student?

Laura Smith
Staff Reporter

It was just past midnight on Thursday, Mar. 27, when the New Britain, Conn. police received a phone call from a man saying his girlfriend had been missing.

The 20-year-old Central Connecticut State University student was taken just a few feet outside of her Essex Place apartment building, on her way in from the parking lot.

"She was abducted right outside her apartment building after she parked her car," said junior Allison Feeley, who knew the victim personally. "He grabbed her and forced her into his stolen van."

A few hours later, the stolen 2002 Oldsmobile van had been spotted by a state trooper near I-84 and he began to follow the van, as it had been reported stolen earlier that morning.

The driver would not stop, and the chase ended in a crash. The driver managed to flee the scene while the CCSU student was still in the van.

"There needs to be a more personal and situational awareness," said Paul Healy, executive director for emergency management.

With a campus like Sacred Heart University, there are still safety precautions students must take, even though we are surrounded by fences and gates.

"If this happened here I would be very scared and I would change my ways about walking around- even though I am

See xxx on page 3...

Sacred Heart 5-Day Forecast

Thursday	Friday	Saturday	Sunday	Monday
 Some sunshine giving way to clouds	 Breezy with rain	 Cloudy and breezy with rain possible	 Partly sunny	 Partly sunny
▲ 47° ▼ 38°	▲ 44° ▼ 41°	▲ 51° ▼ 38°	▲ 54° ▼ 39°	▲ 57° ▼ 39°

Forecasts and graphics provided by AccuWeather, Inc. ©2008

INDEX----

NEWS	1-5	FEATURES	10
PERSPECTIVES	6	SPORTS	12-16
A & E	8		

CONTENT

GOOD EATS	5	SPOTLIGHT	11
HE/SHE SAID	7	SCOREBOARD	13
CELEB REPORT	9		

News

Student government elections: Who are the candidates?

Kate Poole
Staff Reporter

The posters are up, the slogans are out and the speeches are ready to be given. Yes, Sacred Heart University, it's election time again and this year's student government candidates want your vote.

Many candidates are re-running unopposed for their same positions this spring, yet other student government veterans are being challenged by newcomers for their titles. But who are these candidates outside of their student government roles?

Brian Germain is the acting class of 2009 president. He is re-running in the election unopposed for his senior year. He is from Wallingford, Conn. and is a double major in history and psychology, although he does find time for involvement outside of student government.

"Well student government is really time consuming with the planning of Semi and Mr. SHU this year along with the millions of other things we do simultane-

ously. But, when that's not ruling my life, I study a lot because being a double major is tough," said Germain. "I'm a decathlete on the track team which I am co-captain of. I also work for Sacred Heart moving crew year round and I don't really have a title for it, but I'm the head dude."

The class of 2010 however is not exactly having a quiet election year. Two-year position holders Katie Higgins, class president, and Danielle Cocks, class treasurer, are being given a run for their titles. Fellow sophomores Conor White and Jack Cecil are running against them for their spots.

Katie has been the class of 2010 president since her freshman year. She is from Brick, N.J. and is a finance major. She hopes to work somewhere in the banking and corporate efficiency world when she is older. She also is involved on campus in activities besides student government.

"I'm an orientation leader. I was last year and I will be one this year as well. I also did a program called first year experi-

ence, we helped the freshmen by outreaching to them about events and making an effort to show that upperclassmen have a presence on campus," said Higgins.

Katie's opponent, Conor White, is a fresh face to student government. He was born and raised in Manhattan, N.Y. and is currently a media studies major. His hobby and rising career is acting and is something he would like to continue to pursue after Sacred Heart.

"I'm not an active member of any club, but I attend my roommate Nelson Joyce's rugby matches, and I just directed, edited, and produced my friend Josh Morgan's Mr. SHU video. I'm also currently taking part in SHU Idol," said White.

Some of the elected officials that will be remaining the same in the upcoming school year are class of 2009 vice president Lilah Rossi, and secretary Tara Kelly, as well as class of 2010 vice president Jackie Massella, and secretary Alex Vicchio.

Uncertainties lie in the elections for

the class of 2011. The presidential race is between current freshmen Paul Carrier, Rob Napolitano and Jaclyn Bellino. The vice presidency will be between Danielle Cacciatore and Sam Dowd. With newcomers running for the positions the voters will decide the changes.

"Having your voice heard is essential, especially when it's so easy to vote. There is just a link that students can click and it will be available in emails and all over the Sacred Heart Web site on the days of voting, which will be the 16th and 17th of April," said Higgins. "I'm really excited that there are new people getting involved with student government too."

Keep your eyes open for campaign posters and emails around campus during the next few weeks. "Meet the candidates" will take place at 7 p.m. on April 16 in the Mahogany room. Speeches will be given at this time and voting polls will open immediately after at 9 p.m.

Student Government Candidates Spring 2008 Election

Class of 2009

President: Brian Germain
Vice President: Lilah Rossi
Secretary: Tara Kelly
Treasurer: Kelly O'Connor
Senators: Tom Davis, Leah Gallagher

Class of 2010:

President: Katie Higgins, Conor White
Vice President: Jackie Massella
Treasurer: Danielle Cocks, Jack Cecil
Secretary: Alex Vicchio
Senators: Jackie Wilkins, Nick DiIeso, Karlyn Grasso, Stephanie Elmessaoudi, Ted Fifield

Class of 2011

President: Paul Carrier, Rob Napolitano, Jaclyn Bellino
Vice President: Danielle Cacciatore, Sam Dowd
Treasurer: N/A
Secretary: N/A
Senators: N/A

*Vote for your
favorite Student
Government
Candidate on
April 16 and 17*

Health Fair to inform students on how to keep healthy

Courtney Perlee
Staff Reporter

When freshman Amanda Kees thought she had strep throat, she called Sacred Heart University's health services to schedule an appointment.

For Kees, this call was a mark of independence. Like many other students before her, she had to take responsibility for herself, instead of allowing her parents to schedule doctor's appointments and fill her prescriptions.

"There was no mom to take care of me," Kees said, joking. "It wasn't fun."

For many students, college can be a wake-up call to personal responsibility: staying healthy and becoming aware of their own well-being suddenly aren't mom and dad's jobs anymore.

On April 10, "Spring into Wellness" will provide students with information on prevalent health topics from nutrition to blood pressure. The health fair, sponsored by Sacred Heart's Employee Wellness Program, Health Services, and SHU Allied Health Professionals, will be held mainly in University Commons from 12 to 3 p.m. and is open to all faculty, students, and staff.

Nursing students will show community health student projects in University Commons on health risks and issues such as tanning, hypertension, and diabetes.

Counselors from Sacred Heart's peer education center will be present, as well as dentist Ellen Karandesky, and a nutritionist. According to the Employee Wellness Program, representatives from the American Cancer Society, Heart Association, Lung Association, and Diabetes Association will also be there to supply information and raise the awareness of health risks.

For senior nursing student Valerie Traumuller, these presentations "can make students more aware of the issues that are out there and what they can do to modify their lifestyle, in order to avoid certain health problems." She has attended the health fair in the past, and participated in a community health project with her nursing class.

According to Sheila Wheeler, RN and director of Sacred Heart's health services, the group, "Smoke Stoppers," will be present to make students more aware of the risks they are taking when they smoke cigarettes.

The lecturer has attended health fairs in the past, and Wheeler said, "If you smoke, you'll try to throw your cigarettes after hearing the lecture."

Another unhealthy habit which will be addressed is bad nutritional choices. A nutritionist will be on hand to provide advice on healthy eating habits, and Flik dining services will provide examples of healthy snacks to replace less nutritional

ones.

"Personally I think unhealthy diets are big health issues with college students," said Traumuller, "whether it's lack of food or too much food."

Wheeler also believes that bad nutrition is among the most prevalent health issues for college students. This stems from the college lifestyle where microwaveable macaroni-and-cheese is, stereotypically and most often the easiest and fastest dinner option, frequently paired with an energy drink or caffeinated soda when an all-night cram session is only beginning.

"In college, I find they [the students] don't get enough sleep and make bad food choices," said Wheeler, citing a few of the many reasons why many college students succumb to illness. "Hand-washing is important too."

Besides the events and information provided in University Commons, a temporary testing and screening center will operate out of the faculty lounge. There, student nurses will conduct blood pressure, cholesterol and glucose tests, and athletic training and exercise science students will provide body mass index (BMI) and body composition measurements. In HC 213, mammography screenings will be made available for pre-registered faculty and staff.

To the groups sponsoring "Spring

into Wellness," there isn't much doubt that Sacred Heart students will be provided with adequate information on staying healthy. The big question is will students go?

"I've become a lot more capable of taking care of myself," said freshman Nathan Quigley. "If I'm not in class, I'd be glad to go."

Kees agreed that she would be more than willing to check out the health fair, as long as she had time. She joked that she was more convinced to attend when she found out there would be free massages in the University Commons.

Despite the wealth of information that will be available, students often appear to be more drawn to the giveaways and prizes that can be won for attending fairs such as these.

However, the sponsors of "Spring into Wellness" have taken this to their advantage. Wheeler will have a survey for those students who participate in the health fair; if the student fills out the survey, helping the hosts to analyze what information was useful, the student receives a raffle ticket and the chance to win prizes.

"If they come and just pick up the information, they might find they learn something," said Wheeler, smiling. "It's about health awareness for the whole community. Plus, everyone likes the chance for a free prize."

Former O'Reilly Factor guest speaks at SHU Jeremy Glick voices his opinions on war and media

Laura Smith
Staff Reporter

For anyone who watches the O'Reilly Factor, they probably know about Jeremy Glick and how Bill O'Reilly kicked him off of his show on Feb. 4, 2003.

Glick was brought on the show to talk about his experience with his father, Barry H. Glick, dying in the World Trade Center on Sep. 11, 2001 and what he believes the government has done in regards to the retribution after the attack and the war in Iraq as well as media coverage on these issues.

Glick came to Sacred Heart University on Thursday, Apr. 3 and spoke in the media studies studio. An audience of 50 was crammed into the room while Glick spoke about his experience on the O'Reilly Factor and the media and war relationship, as well as his experiences in life since Sep. 11.

"I wanted him to come and explain why he decided to do that interview and what the aftermath of that interview was," said Dr. Tricia Jenkins, media studies professor. "Because Rupert Murdoch has access to three-fourths of the world's population, it is important for viewers to take a critical look at Fox's news coverage and the ways that it often presents opinion-based, rather than fact-based news stories, and in the case of the O'Reilly Factor, doesn't even allow guests with opposing

viewpoints to present their perspective."

According to Glick, he believes that President George Bush manipulated the attack after it happened by retaliating against the Iraq government.

Glick referred to O'Reilly as the "rich guy." According to Glick, O'Reilly is a man who provides exploitation of minorities, immigrants, homosexuals and the working class. He considered the O'Reilly to be the main character in a "class minstrel" (during the 1800s, white men used to paint themselves black and mock African Americans while performing in a musical variety show).

It is the "corporate consolidation of network news" that Glick was referring to that has taken over what the media allows us to see and hear.

"Dr. Glick had some fascinating insights into the backstage world of cable news," said Dr. Sara Ross, media studies professor. "His own story is a perfect example of the problems that arise when people are intolerant of diverse political opinion."

Glick has chosen to speak out so strongly because wanted to take a stand for people and didn't want Sep. 11 to be used as a "political gain."

"I knew the devastation of 9/11 would be able to enable those parties (political)," said Glick. "I don't want this to be manipulated by politicians."

Throughout Glick's life, he has been politically involved and wanted to help men and women live an equal life. He grew up in a housing project and was later adopted.

After Sep. 11 happened, Glick felt that he should contribute more and encouraged people to take a stand.

He also suggested that for students it is "imperative to learn about U.S. imperialistic activity" and to be more aware of the nations "foreign policies and international relations."

"I think he did an excellent job illustrating the complexity of 9/11 and that U.S.'s military response to it," said Jenkins. "He also described the problematic ways that the news media and the government used sympathy with the 9/11 victims to justify the war in both Afghanistan and Iraq."

Glick concluded that he strategically used his role as a victim on the O'Reilly Factor to show people watching that there are other political thoughts that need to be addressed especially through the media, so people will know and understand.

"Glick was a very knowledgeable, educated man who had a fair and balanced point of view, and approached some issues with an open mind and honesty," said sophomore Noelle Saulnier. "He was educational but able to add his own humor to the situation."

Refurbished Hawley Lounge plans on being fun and fresh

Kaitlin O'Reilly
Staff Reporter

The student government executive board took the time last week to hold an open forum meeting for students who wished to voice their opinion on the matter.

"I wish more people came to the meeting to talk about what they envision for the room, but I was happy with the people that were there. They are the people that are here 100 percent of the time and they did give us great ideas about the changes that we want to make," said Student Government President junior Matt Telvi.

Senior Kelly Linskey asked the students questions like, "What do you want to see in your home away from home? How do you want it to feel? When you come in here, what are your expectations?"

The Student Government talked about everything from possibly adding a pinball machine to the lounge to hanging pictures, memorabilia, and plants around the room to enhance the atmosphere.

"They had a lot of good ideas that I look forward to seeing done. I feel like everything that really counted was addressed. I'm most excited about getting the internet fixed in the lounge, getting new equipment cause it hasn't been updated for a while, and maybe bringing in some other new forms of entertainment, so that other students will be more inclined to come in here and use this as a hang out," said junior Gregory Chase.

"As a student government member, I spend a lot of time in Hawley Lounge and it's nice to know that administration cares about the appearance of it because it's not aesthetically pleasing and hopefully with the renovation that will change," said sophomore Alex Vicchio, secretary for the class of 2010.

Freshman Christina Cahill enjoys the social aspect of Hawley Lounge, but she said that there is nothing for her to do in there.

"I don't actually use anything that's in Hawley Lounge. A renovation is definitely needed," said freshman Christina Cahill.

Many students said that they would like to see more games such as air hockey, guitar hero, pinball machines and new basketball hoops.

Also, sophomore Erika Kirton would like to see better couches throughout the room.

"I really want all the current students and future students to have a place to go and relax and have fun that's not Flik, the library, or the Mahogany room. I think rearranging the area and changing the offices around as well as getting new furniture will make Hawley more friendly and welcoming," said Linskey.

"As a tour guide, I'm happy that I'll be able to show off a highlight of Sacred Heart and hopefully when the lounge is completed it will become a showcase of the school and a reason for people to come to campus," said senior Mike Tarantino, vice president of finance.

CCSU abduction raises safety awareness

...CONTINUED FROM PAGE 1

aware now," said senior Nicole Rogener. "It's different living off campus- you have to be aware of your surroundings."

According to Healy, everyone should be conscious of issues on campus. People need to be safe at late night activities- plan ahead for walking to your car or dormitory by calling someone or even using the Public Safety escort.

"I don't feel safe all the time because it's hard to trust someone you don't know with your life," said junior Gabrielle Castellana. "Public Safety is doing as much as they could possibly do."

Healy suggested that people on campus should think through about doing their normal activities. A lot of people think that nothing bad will happen to them, when anything could happen at any time.

"I think I trust people a little too much, but if this happened here I would freak out," said senior Kaitlin Gerberville.

Students, faculty and staff are on and off campus at all hours of the day and night. There are fences around here but there is also mostly free access on to campus.

"If this situation happened here, I probably wouldn't comfortable walking from my car to the apartment at night," said Castellana. "I might have to resort to carrying my own self defense weapon."

This kind of situation isn't recognized until it happens. Most people aren't taking an initiative towards their safety until something bad does happen, and for some, it's too late.

"People should be more cognoscente and aware of general things," said Healy.

People have to make something happen before it happens to them. People should be aware of their surroundings and make sure to be safe.

"The surprising thing about all of this

is how it only happened in New Britain, to a college student the same age as everyone here," said Feeley. "She wasn't out late, drunk, walking home, or was taken from a random parking lot- she was taken 10 feet from the front door of her apartment building- this hits home."

Some tips on staying safe courtesy of Public Safety

1. Female students should attend a Rape Aggression Defense (RAD) course here at Sacred Heart.
2. Travel in groups and look out for each other.
3. Know about the area you are in.
4. Stay aware of your surroundings
5. Always take the elevator rather than the stairs.
6. If you are ever thrown in the back of a car, kick out the back tail lights and stick your arm through the hole.

*** WELCOME SHU STUDENTS !!! ***

 <p>FAIRFIELD FAMILY MEDICAL CARE</p> <p>Dr. Pasquale J. DeMatteo, MEDICAL DIRECTOR Certified - American Board of Internal Medicine</p> <p>OPEN 7 DAYS A WEEK MON-FRI 9A-9P SAT 9A-7P SUN 9A-3P</p> <p>384-CARE 2273</p>	<p>Walk-In Medical Center</p> <ul style="list-style-type: none"> • TREATMENT OF MINOR ILLNESSES & INJURIES (Sore Throats, Colds, Flu, Coughs, Burns, Cuts, Sprains, Fractures, Etc.) • PHYSICAL EXAMINATIONS • X-RAYS • E.K.G. • WORKERS' COMPENSATION INJURY TREATMENT • DOT, PUC DRUG SCREENING <p>NO APPOINTMENT NECESSARY</p> <p>Most Major Insurances Accepted: Health Net • Anthem BC/BS Cigna • Aetna/US Healthcare Medicare • Oxford • HMC PRO United Healthcare</p> <p>www.fairfieldfamilymedical.com</p> <p>525 Tunxis Hill Cut-Off Fairfield, CT 06432</p> 
---	---

News

Nu Epsilon Omega hosts suicide awareness walk

Kristine Duker
Staff Reporter

On Sunday April 6, Nu Epsilon Omega sorority hosted its first annual suicide awareness walk at the Sacred Heart track.

As a part of the sorority's annual suicide awareness week, Nu Epsilon Omega worked to bring awareness to the students and the community. The walk and vigil raised money that will go to the American Foundation for Suicide Prevention.

The AFSP works to help prevent suicide, those affected by suicide and raise money for research and programs.

According to their Web site, www.AFSP.org, 4,212 males and females within the ages of 15-24 will commit suicide in the United States. The Web site also states that 17.8 percent of the suicides in the United States will be male, while 4.5 percent will be females.

Suicide is the second leading cause of death among college students. 75-80 percent of these students will be males, however more girls will attempt suicide, according to the AFSP Web site.

The suicide awareness walk that took place this past Sunday raised \$2,000 that will go to AFSP. Donations were accepted at the event or earlier though the director of Greek Life and Leadership Program, Jane Sanders.

The walk that was a part of Nu



Photo Contributed by Stefanie Gable

Nu Epsilon Omega sorority sisters, Kaileen Paiva, Julia LaRosa, Katie Savarese, Stefanie Gable, and Patricia O'Hagen at the Suicide awareness walk this past weekend around the football field at the William H. Pitt center.

Epsilon Omega's suicide awareness week, which include a fundraiser, in which five two-foot ribbons were sent randomly to different departments of the university. The sisters also had another fundraiser where they sat in front of the faculty lounge selling yellow bracelets to raise money and awareness.

This past Sunday, the suicide awareness walk was a part of the Nu Epsilon Omega's suicide awareness week. Over 300 students and members of the community attend the walk. Attendees were presented with bracelets, pins, drinks, music and food cooked by the brothers of Alpha Sigma Psi.

Along with Alpha Sigma Psi donating their time, the Counseling Center, Active Minds on Campus, the Psychology club and the brothers of Lambda Sigma Phi presented information at throughout the walk.

At the vigil, the sister's of Nu Epsilon Omega had two speakers from the American Foundation of Suicide Prevention. Dale Camhi and Russ Cooper spoke on the awareness of suicide and how important it is.

"They both reminded us that through simple awareness, we can accomplish so much," said sophomore and sister of Nu Epsilon Omega, Julia LaRosa.

LaRosa referred to that fact that this year was extra special for the sisters. They received a \$2,000 grant from the Connecticut State Youth Prevention Initiative. With this grant, the sisters decided to create the suicide awareness walk that would raise awareness for the Bridgeport, Fairfield and Trumbull community, as well as the Sacred Heart community.

"I believe the walk was a good idea, I know personally that I did not know that much about suicide, especially the fact that it was the second leading cause of death for college students," said sophomore Ashley Viscardi. "I believe that we need to be aware of this because at some point or another it can affect one of us. We need to be informed on how to help someone if we believe that they are in trouble."

Professional athletes and performance enhancing drugs Recent poll shows how Americans feel about drug use in sports

Kaitlin O'Reilly
Staff Reporter

Should professional athletes who are found guilty of using performance-enhancing drugs be stripped of awards and statistics that they accumulated while using them?

According to a poll conducted by the Sacred Heart University Polling Institute, 60.1 percent of Americans surveyed felt they should.

Sacred Heart students seemed to have a similar view regarding the topic.

"They don't deserve those titles and the athletes out there that work so hard, and train the correct legal way deserve them. Athletes that use illegal drugs or substances to get stronger or faster aren't naturally able to really achieve those awards and goals, so why should they be honored with them," said sophomore Colleen Nassauer, member of the women's track team.

Senior Jason Payne, member of the Sacred Heart football team, expressed the same viewpoint.

"If you love the sport that much you would stay true to it and not use drugs to set yourself apart from the pack. People think they are getting the upper hand by taking things to enhance their play, but in the end it's hurting the game. Their punishment, at least, is that they should be stripped of their awards," said Payne.

The poll, which was designed by the students in the current polling and research class at the university, was conducted

through telephone surveys from March 3 through March 15.

According to the Sacred Heart press release, "Interviews were conducted among 800 residents nationwide, approximately proportional to the population contribution of all 50 states."

"The students have performed very well without exception. They are very insightful," said Jerry Lindsley, director of the Sacred Heart University Polling Institute.

"I learned from them. They were very enthusiastic as these were their questions. They took ownership and did, indeed, want to see the results. I hope they are proud that their work is now being discussed nationwide," said Lindsley.

He stated that he was surprised by the percentage of professional athletes Americans guessed were on performance enhancing drugs.

The survey concluded that the majority of Americans believed that an average of 34.33 percent of professional athletes used drugs.

After years of controversy surrounding the use of steroids and other substances by athletes to achieve recognition in the sports world, the subject has become a particularly high profile topic.

Lindsley noted that the research was of particular interest due to the fact that major league baseball players have become a media spectacle while undergoing congressional hearings within the last year to determine illegal use of the substances.

"Performance enhancing drugs have been a significant problem in many Olympic and professional sports for decades. The media has finally realized this now that many of our most popular sports are plagued by cheating. What's most disconcerting is that an increase in professional athlete's abuse may result in younger athletes using the drugs at higher frequencies as well," said Beau Greer, Ph.D., assistant professor in the Human Movement and Sports Science department at the university.

Greer went on to explain that in the case of steroid use in universities, the percentage of users is often higher among non-athlete students.

He then described that, based on his personal interactions; this seemed to be the case at Sacred Heart.

"I think there is a problem with anyone using them. I always felt that natural gains are the only gains someone should take pride in because otherwise it's not your body's natural ability. In a sense, as far as lifting weights, it's as if the supplement you are taking is lifting the weights for you," said sophomore Christopher Rivera, member of the men's track team.

Although the poll showed that the majority of people saw the topic as a concerning, national issue, 69.4 percent of those polled stated that they believed Congress is wasting time and taxpayer dollars investigating performance enhancement drugs in baseball and other professional sports.

"When we are busy cutting veteran benefits and people are being foreclosed on, spending a single taxpayer dollar on this issue is a ludicrous waste," said Greer.

The poll covered other topics in addition to the use of performance enhancing drugs.

The press release stated that "The research was designed to provide input on current national issues of concern, views on enhancement drugs in sports, perceptions of polling and media reporting of polls, the economy and the November 2008 election."

Lindsley described the benefit that the research in this study has had on our university.

"This research and our polls since 2002 have become the foundation for many articles, stories, speeches and has even been referenced in books," said Lindsley. "So it benefits the university within classrooms with policy discussions surrounding results, but also gets the name of the University out there as a solid resource for current public opinion and views. And, it helps feature the experts the university has in many areas such as health care, business, political science and the media."

The university can look forward to learning more statistics as the polling institute will continue to conduct research for future analysis.

"What I do know is that we'll continue to look at things a little deeper than most other polls," said Lindsley.

Decision 2008: What SHU says about the Iraq War

Jaclyn Golia
Staff Columnist

March 20, 2003 marks the day that President Bush invaded Iraq on the terms that Saddam Hussein was succeeding in making advanced weapons of mass destruction (WMD).

If these WMDs were to be found, they would have been under violation of an agreement back in 1991 that ended the Persian Gulf War.

Over ten years after that treaty was signed, America found itself at odds with Iraq yet again and now we are faced with a war that has turned into a monster much bigger than we ever could have imagined.

As of this very moment our nation is stuck and is under much scrutiny as to what we are going to do with our position in Iraq. Do we stay? Should we send over more troops? Can we pull out immediately? Which presidential candidates are we going to vote for to make the right decision for our country?

After interviewing many Sacred Heart students and various faculty members it is very clear that our SHU community has a variety of opinions.

At first, all of the students that I spoke with were in support of President Bush's decision.

"Unfortunately, for some time I was in support of his decision- but then again I was thirteen and witnessed the events of 9/11 first hand, so my opinion was definitely not the same as it is now," said sophomore Kyle Bush.

"Originally, when there was an emi-

nent threat yes, I did support it," said sophomore Morgan Kelly.

As far as faculty go many of them were uneasy discussing the war. When I spoke with graduate student and faculty member, Robert Edwards, on how he feels about the issue, he had a republican view.

"I was always in support of President Bush and I still am," said Edwards.

But as time goes on, people change their minds, situations change and unexpected events happen. It has been just over five years now that we have been over seas and students and faculty are interested in seeing change.

When I asked students how they would feel if the war were to continue on and the draft were to be re-instituted with women the students made it clear- they would not support the president.

"I am against a draft. And would move to Canada if women are drafted," said sophomore Juliana Shkreli.

"I feel the draft is a particularly horrible piece of American legislation that was a problem in the 1970's, and would remain so to this day if it was ever re-instated. It brought men to the battle field who didn't want to be there and were probably less qualified or (at least less enthused) soldiers. If women were drafted, it would be a frightening concept. It would be fair for all Americans, but I know that I, personally, would be heading for Canada," said Bush.

Both men that I interviewed, however, said firmly that if there were to be a draft they would fight.

"If I were to be drafted I would go and serve my country. It's my duty," said

Edwards.

"If there was a draft I would have no problem going and fighting for my country. It would be an honor and I could do what my grandfather did," said sophomore Jaron Dalbeck.

As far as faculty goes one Political Science professor had a valid point to make.

"I am inclined to support a draft or civil service of some kind. (It would certainly make people pay attention.) What I really support, though, is a constitutional amendment requiring military service for high office.

Civilian control of the military is a fine thing, but those who have served always seem to be more reluctant to put our soldiers in harm's way," said Steven Michels, Ph.D. Assistant Professor of Political Science.

So what does this mean for our presidential candidates? Will the voting members of our school community base who they want see as the next president predominantly on what is going on with the war? Could President Bush's decision to go to war in the first place potentially cost a candidate the election based on his or her views?

"It is a factor, but not a key factor," said Kelly.

"As of right now I am voting for McCain, his view on the war is part of my reason for voting for him," said Shkreli.

All of these view points are fine and dandy but what is really going on in our country? The New York Times and CBS News have been conducting research and

maybe to your surprise (or not at all) this is what was printed as of April 4th:

In the poll, 81 percent of respondents said they believed "things have pretty seriously gotten off on the wrong track," up from 69 percent a year ago and 35 percent in early 2002.

Is this how we want America to go down in history? One of the greatest superpowers that this world will ever have has its own citizens more upset with it now than ever before.

Of course many Americans may not even be aware of this. The media hype has been going further and further away from politics and the election and more on to things that well, get ratings and make money. Sufficient to say Britney Spears has been making headlines more than Barak Obama.

"The media is not focusing enough on the war, but it's not their fault. As a largely profit-driven industry, they are more interested in getting people to watch than focusing on what's important. We get the media we deserve. The episode of 'South Park' about our fascination with Britney Spears had it right," said Michels

So where does this leave us? Are we going to sit back and watch Britney's dysfunctional life take over the media?

Whether you are for or against the war you cannot deny the fact that the troops need our support.

It has been said many times before; if you don't stand behind them feel free to stand in front of them.

Professor and Senator: Russo plans to help more than just students

...CONTINUED FROM PAGE 1

many young people and plans to do something about it.

"We are driving 7,000 young people out a year and losing our workforce," said Russo. "In a state with a population of 3.5 million people, this is an issue. This is a dangerous economy and young people can't afford to live here."

More specifically, he is worried about a contract Sikorsky received for \$7 billion to build helicopters. Most of the workforces are getting ready to retire, as the average employee is around 56 years old.

However, since many of the young people are moving out of state, there is concern that Sikorsky will not have enough labor to fulfill the contract. Thus, Sikorsky would lose it to an out of state company.

Moreover, this example relates to several businesses in Conn.

"If businesses can't find people to hire, they will move elsewhere," said Russo.

Russo is planning to help Conn. flourish by cutting costs.

"He's going to be outstanding," said Rose. "He's knowledgeable and intimately familiar with the issues of Bridgeport and the state."

Additionally, Russo is more than just a professor and Senator. He enjoys life outside of the classroom.

He is an instrument-licensed pilot, a skier and likes sailing and a game of

badminton.

"I'm a horrible golfer," admits Russo.

However, his athleticism is not the only attribute that draws people near.

"He's hilarious," said junior Gregory Chase. "He has charisma and is knowledgeable."

Moreover, his coworkers are pleased to work with him.

"You can't help but be drawn to him, in terms of his warmth and humor," said Rose.

Moreover, Rose believes that this Senator's path has only begun.

"I wouldn't be surprised to see him at a greater level in the future," said Rose. "He really has a lot of potential."

Careers in Entertainment

Looking for a career in extreme sports? Earn top dollars working part-time for the best in the industry. No experience necessary, will train. Call now!! 888-284-0888 X 226



Are you tired of membership fees?

Automatic renewal fees?

Uncertified salespeople?

Old tanning bulbs?

GREAT STUDENT RATES!

\$15.00

For 5 Tans



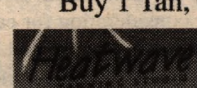
1871 Black Rock Tpk.
Fairfield | 203-367-8540

With this coupon. Not valid with other offers.

FREE

Tan

Buy 1 Tan, Get 1 Tan Free



1871 Black Rock Tpk.
Fairfield | 203-367-8540

With this coupon. Not valid with other offers.

1871 BLACK ROCK TPK | FAIRFIELD | 203-367-8540
(Shaw's Plaza Next to Soccer Post)

Perspectives

Abstinence thrives in a sexualized culture

Alexandra Prim
Staff Reporter

Are you having sex? The typical college student would assume that other typical college students would answer "yes." But he or she might be very surprised. Last week, the New York Times Magazine published an article by Randall Patterson that spotlighted Harvard University among other Ivy League institutions for their prominent abstinence group on campus.

The highly-publicized Times Magazine article looked at Harvard's True Love Revolution group, and Princeton's and MIT's Anscombe Societies, named after Catholic thinker Elizabeth Anscombe. The organizations at each respective school differ on many smaller points, but they are all firm on supporting one main cause: abstinence until marriage.

"Yes, I do feel that it is an option for college students to stay virgins," said Sacred Heart sophomore Carrington Gerli. "I was dating a girl for four years and we both believed in abstinence so we kept it that way and didn't have sex. But we still loved every moment with one another."

Gerli's assertion has been supported by other Sacred Heart students in addition to many who are studying at East Coast Ivy League schools. According to Patterson in the Times Magazine article, "many college students today grew up with abstinence classes and clubs in their communities, and so the movement has raised a generation of activists."

While the New York Times Magazine article does not take a stance on sexual

activity or lack thereof, among college students in the U.S., it has spurred responses and conversation at other universities. Cornell University's newspaper, the Daily Sun, published a vocal opinion article called "Celebrate for the Hell of It" in its column by Jenna B. that advocates the belief that "sluts are sluts" and "there is no choice more personal than that of what you put into your own body."

"Your sexual habits represent a lifestyle choice," said Jenna B. "[It is] a preference that affects nobody but you and, if applicable, your romantic partner. While Jenna B. made her opinion heard in the Cornell paper, the abstinence discussion affects students at every college, including Sacred Heart.

"It's always an option for college students to stay virgins," said junior Jen Crowley. "It's just a matter of a person's will power. If someone surrounds [himself or herself] with people who respect and support their decisions then I think it can be done."

Crowley believes that it is possible to stay a virgin in today's sexualized culture, and she disagrees with the Harvard abstinence group's stance that sex will necessarily complicate a relationship.

"Allowing sex to complicate a relationship is based on maturity. If anything, at our age, the emotions are what cause the difficulty in breaking up. If you care about a person obviously it's going to be difficult," Crowley said.

In a contrasting opinion, junior Christina Tsimortos said "since everyone reacts differently to sex, it can absolutely

complicate a relationship." She said that having sex can be complicated when it comes to breaking up because girls could feel unable to end a relationship with someone with whom they have shared themselves, while boys may have guilt about breaking up after having sex.

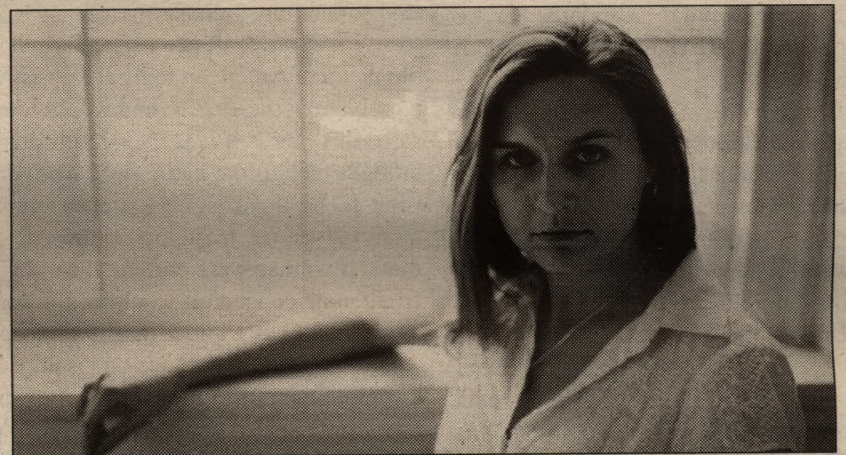
When asked if she thinks that abstinence could become a trend at Sacred Heart, Tsimortos said, "I do ... students here are educated and brought up well enough that they have their wits about them regarding the repercussions of sex in or outside of [a relationship]."

Junior Lou DeFichy said that more people than he expected have started at least considering abstinence. "I do not believe that it would ever become a prevalent trend," said DeFichy, "but definitely

something that more and more people are going to consider if not actually go through with."

While not all Sacred Heart students are openly embracing abstinence as their own choice, a good deal of them hold those who remain abstinent in admiration and respect. Not having sex is a personal choice made for personal reasons, as is the decision to have sex.

Whatever one's approach to sex versus abstinence, it is important to know that one's peers are accepting of both routes. As increased media coverage has proved, the world is watching the college students of today, and they sure are giving the world something to talk about.



Katherine Wolkoff/NY Times

Janie Fredell, a Harvard student, is an advocate of premarital abstinence on her college campus.

The SPECTRUM

Editor-in-Chief
Brian Fitzsimmons

Associate Editor
Dario Melendez

Copy Editor
Steve Conoscenti

Photography Editor
Kate Brindisi

Assistant Photography Editor
Holly Finneran

News Editor/Web
Shelley Thomas

Advertising Manager
Ariane Rasmussen

Asst. Advertising Manager
Alyssa Larsen

Advisor/Consultants
Joanne Kabak
Kathleen Trenske

Sports Editor
Mike Barrett

Assistant Sports Editor
Rob Morgan

Features Editor
Anne Dunne

Assistant Features Editor
Samantha Selvaggio
Courtney Kohlöff

A&E Editor
Lauren Confalone

Assistant A&E Editor
Gina Saccaro

Perspectives Editor
Jenna Rignanese

Assistant Perspectives Editor
Rachel Maresca

Assistant News Editor
Britany Price
Carli-Rae Panny



The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

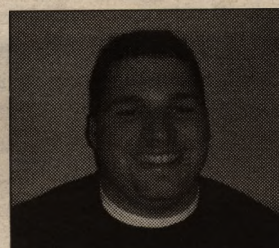
The Spectrum
Sacred Heart University
5151 Park Avenue
Fairfield, CT 06825

Office Phone: 203-371-7963
Advertising Line: 203-371-7828
Fax Line: 203-371-7828
Website:
<http://sacredheartspectrum.com>

SHU Voices

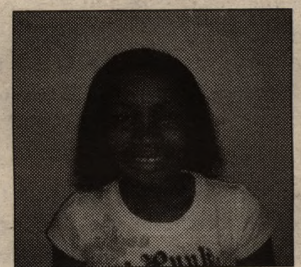
Mikaela Reynolds
Staff Photographer

What would you like
to see put into Hawley
Lounge?



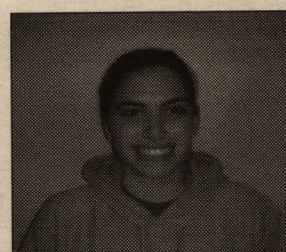
Dan Cofiniotis
Junior

"A churro machine."



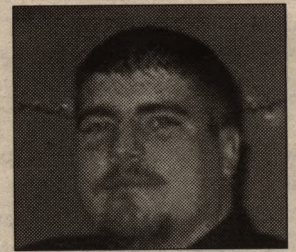
Jennell Simon
Sophomore

"More games."



Maria LaScala
Junior

"Foosball and air hockey."



Paul Doherty
Senior

"A concession stand."

Trend alert: sloppy by day, stylish by night

Elizabeth Warren
Staff Reporter

While sitting in FLIK on a typical Wednesday afternoon, a swarm of Sacred Heart students invade the room dressed in college sweats, black Northfaces, and of course, Ugg boots.

A few fashion divas will circulate the Mahogany room with form fitting jeans and flashy accessories, but for the most part the just-rolled-out-of-bed look is the most common.

In about six hours, these same students will trade in their Uggs for designer heels, change out of their pizza-stained sweatpants and into skinny jeans, and unzip their comfy fleece jackets to reveal a classy, club-ready outfit.

Why is this student-by-day, celebrity-by-night fashion so popular?

"Going-out shirts are just more fun to buy," said sophomore Caitlin Mitchell. "My closet is pretty much divided between hooded sweatshirts and party shirts, so when it comes time for class, there's really not much to choose from."

Others feel that it is simply unnecessary to dress up for class.

"I don't think it's OK to look like a slob," said junior Lauren Di Stefano, "but I think jeans and a sweatshirt is fine."

Students who are plagued with frequent early-morning classes agree the fresh out of bed look works. At 8 a.m., fashion is not a main concern. Although many said that they get ready for their afternoon classes, those who are forced to wake up early tend to just wake up, brush their teeth, and leave.

Some, on the other hand, feel that the effort-less look is inappropriate for

class. Sophomore Chris Fabio considers it important to look presentable.

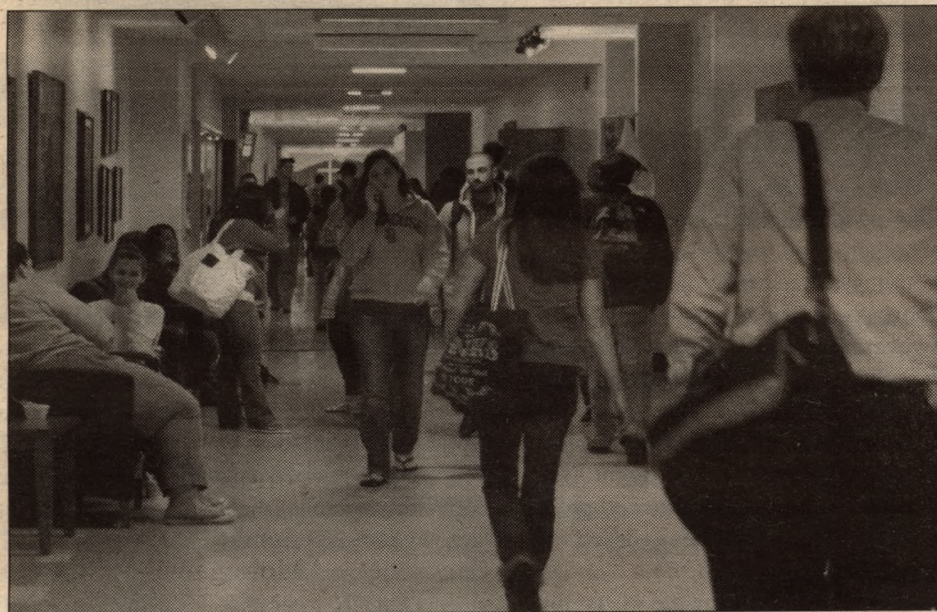
"I mean, you never know who you're going to see," said Fabio. "Students don't need to spend hours on their appearance like they're getting ready to go to a club, but they should still put in the time to look good."

In fact, casual attire is unacceptable in some college classrooms. According to the University of Texas at Arlington Web Site, students are considered to be "representatives" of the school and as a result are required to "project an image of professionalism."

Though the same is not mandatory at Sacred Heart, some students are suggested to wear clothing that is more formal. Certain communications professors ask students to dress in a professional fashion when delivering a speech. Additionally, upperclassmen and graduate students who have internships and jobs immediately following their classes tend to dress formally.

To all the others, here are some small steps to improving one's daytime look: If time is your biggest obstacle, the solution is simple. Pick an outfit the night before your 8 a.m. Intro to Religion class. Maybe even set your alarm clock 10 minutes earlier than usual. Don't want to sit through a long lecture in uncomfortable jeans? Stretchy denim, corduroys, and leggings are fashionable alternatives.

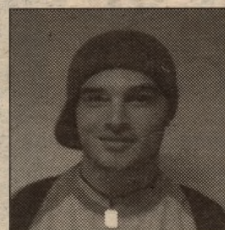
Sophomore Michelle Crevier believes that the spring weather will spark a transformation in students' style. "Right now, I'm just so bored with my winter clothes. Once it starts getting warmer, it won't be such a chore to pick out cute clothes for class."



Holly Finneran/Spectrum

Jeans and sweatshirts fill the hallways of Sacred Heart University by day, but hours later these hallways see a more stylish sense of fashion.

He Said/She Said... Can you compromise yourself for another?



Shaun Mitchell
He said

Compromise is a word that scares people. I know it scares the hell out of me, at least. When it comes to most men, compromise is the one thing that keeps them out of relationships because we start compromising the minute we enter a relationship. We give up our freedom, our ability to voluntarily look like a walking garbage bag, and our right to look at other people. And you thought it ended there.

I personally enjoy my freedom, my ability to do only what I want to do. It might mean that I am alone, but I really don't mind. I'd rather be alone and free than in a relationship with a ball and chain. When it comes down to the choice, it is a matter of personal style. Are you the kind of person who wants a relationship and don't mind giving up the fruits of single life?

The way I look at it is once you give up your freedom the next thing you have to give up is your hopes and dreams. But if you're really in love, isn't it dignified to sacrifice your dreams for the one you love? Sure it is. I just haven't met the person I want to give all that up for yet. After your hopes and dreams, you have to sacrifice your emotions at times. When you get mad at your boyfriend for drinking beer and watching sports, you hide it because the nagging starts to push him away. But all this comes down to one question: is it worth it?

If you are in love and you genuinely want the person you are with to be happy, then sacrifice is a small price to pay. I really hope that one day I find that, but in the meantime, I'll be chilling by myself. If you are selfish and show no love for a person or you don't share a hope for happiness in another individual, then compromise is like asking for the moon. You have to examine yourself. What does compromise mean to you? I'm not entirely sure myself.



Kate Brindisi
She said

A relationship requires compromises from both individuals involved.

You go to their choice restaurant or go see the movie that they really want to see but that you could definitely deal without watching. So when does compromising become too much? How much compromising should be done? How much compromise is fair?

Both individuals should be conscious of the others wants and needs, and one person should not always be compromising their wants, needs or interests all of the time. After a while this sort of behavior will definitely take a toll on the relationship.

So how do you perfect the art of compromising? You must be patient. Not a quality that I usually possess but sometimes you must bite the bullet. You have to look past your own wants and really acknowledge that your decision might not always affect only you and that because of this both individual's opinions must be taken into consideration.

Would you not dress a certain way or not go somewhere just because your significant other doesn't like the idea? Well that just is not for me. I don't want to be with someone who asks me to compromise who I am. If they really care about you they will accept who you are right off the bat no questions asked. If they can't be happy with that then clearly they will never be happy with you.

The word compromise comes up quite often in the discussion of relationships. You both must conform to each other's schedules and likes and dislikes. And that is fine until it becomes work. You shouldn't have to constantly be conforming to the others demands.

If one person is not willing to compromise for the other, then they probably aren't worth your time and effort.

Want to advertise in the Spectrum?

Contact the Spectrum staff for up-to-date rates and size specifications

Contact us at Spectrum-advertising.com

Girls & Sports



—Arts & Entertainment—

Walking to the beat of their own drum

Sacred Heart home to Conn. Day of Percussion

Lauren Tilton
Staff Reporter

Big Red. He motivates the crowd to cheer at several sporting events. He shows off his dance skills with the dance team at basketball games. Adding to his list of talents, Big Red learned how to drum this past weekend from some of the finest percussionists from around the world.

On Saturday Big Red made an appearance at The Percussive Arts Society's "Connecticut Day of Percussion" which was held on campus and hosted with help from the Sacred Heart University Pioneer Band Program. It brought together internationally renowned performers, local students and college musicians to learn about percussion performance techniques.

"It was great to see Big Red come and show support for this event," said sophomore Ryan Cordova.

PAS is the world's largest organization dedicated to the education, appreciation, and performance of percussion, bringing together percussionists from around the world.

"The chapter hosts the 'Day of Percussion' at a different location every year and we thought that Sacred Heart had great facilities," said Tim Holcomb, assistant director of bands at Sacred Heart and vice president of the Connecticut chapter of PAS. "It was a good opportunity to bring to local percussionists onto our campus."

"Jim Royle [president of the Conn. chapter of PAS] and Tim spent a lot of time arranging for the artists, and coor-

inating all of the details, and I think the results speak for themselves," said Keith Johnston, director of bands. "They both deserve a lot of credit for all of their hard work and I'm really grateful to them and to our own band students for helping out during the event."

Famous percussionists, including Shawn Pelton, the drummer for the Saturday Night Live band, filled the day with several performances and clinics. Chris Hanning, a recording artist for NFL films, also taught a clinic on calypso drumming.

"You know we always see these guys on TV, or hear them in bands, but to be able to meet them and interact is really something," said Johnston.

Liam Teague, an international steelpan performer who opened for MC Hammer's tour in Trinidad and Tobago, performed steelpan arrangements with at least 25 kids of all ages at the event.

"It was really fun to watch him become so excited and get into the music. You could feel his energy and passion for what he was doing all throughout the auditorium," said Cordova. "I can only imagine what it was like for those kids to be able to perform with him."

The other performers included Marco Lienhard who specializes in taiko drumming and marimba player Gordon Stout.

Although this event was geared towards percussionists, it was beneficial to all musicians of all skill levels. Cordova said it was interesting to see how the musicians took his hobby and turned it into a career.

"I know we have people here on cam-



The Spectrum/ Lauren Tilton

Big Red learns, along with many students and other musicians the basics of percussion.

pus who would like to go out and make a career as a professional musician," said Johnston. "And to be able to understand the level of commitment and dedication and practice that it takes to become successful is invaluable."

This event was such a success that Johnston said, "it would be great to bring in guest artists on trumpet, trombone, sax, guitar, and other instruments. There are a lot of big names who live in the area and if they're reading this they're invited to come and share their talents with us."

The price of sugar costs lives in Haiti

Timothy Spath
Staff Reporter

It is everywhere. In front of you on the table at a restaurant, at home inside the cupboard in a small bowl or jar, or on the counter next to the coffee and tea station in FLIK, sugar is used without question or concern.

It is an invisible comfort that we do not see as it dissolves in our latte or on top of our cereal. It is read on the nutrition label, noted, and then forgotten. But this sweet addition to our daily coffee rituals or ingredients in baking a birthday cake may be causing some more than just the hassle of lifting a spoon or opening a packet.

In the recent documentary, "The Price of Sugar" the maltreatment and enslavement of the people of Haiti working on the sugar plantations in the bordering, prosperous Dominican Republic, is exploited as one priest dives deep down into the root of the sugarcane industry.

Every day on the almost nonexistent border of the Dominican Republic and Haiti, hundreds of Haitians are smuggled into the Dominican Republic, stripped of their papers and identities, and sent to work in the "bateyes," small villages located on the sugarcane plantations in the countryside. Promised better jobs and living conditions, Haitians flock to the

borders, eager to find work in the city of Santo Domingo. In reality, 95 percent of them end up in these plantations.

"When the movie finished, my mind and my heart were devastated and I immediately wanted to help these tortured people," said senior Betty Laguna.

The vicious cycle, in which these people are twisted, makes for an almost impossible escape or opportunity for a better life. With armed guards watching over them as they work and barbed wire fences above their housing, trying to leave the plantation is futile. Once out of a bateye, a Haitian in the Dominican Republic will be picked up almost immediately, imprisoned and then deported back to Haiti.

Father Christopher Hartley has worked on these bateyes for almost 15 years, preaching for better living conditions, forming strikes in order to gain privileges for the workers, as well as seeking outside support to feed families' starvation.

Featured in another documentary, "The Sugar Babies," Father Hartley strives to educate the youth, many who were born and raised on these plantations and have no identity like their parents. He also holds weekly mass, where he preaches about these hardships to Haitians and Dominicans alike.

With an unemployment rate of 85 per-

cent, the people of Haiti have almost no choice other than to work and survive or die trying to feed their family in their neighboring country.

However the deep seeded hostility between the two countries exists because Haitians skin color is an unrecognizable shade darker than that of the Dominicans. Having been united at one point, the Dominican Republic broke free and prospered, while Haiti became a desert of poverty and despair.

"It was very difficult for me to see the conditions in the Dominican Republic," said junior Maria Vargas. "The most difficult for me to see was a photo of a malnourished Haitian boy, almost dead in the middle of a sugarcane field," said Vargas.

Father Hartley was recently forced by the Vatican to flee the country because of the hostility and help he was giving to the already hated Haitians. Without a leader, it is difficult to say how hope may continue for these workers, enslaved by their neighbors.

The Dominican Republic is the number one exporter of sugar to the United States, and Haitians are the number one most important part of the billion-dollar industry, the paradoxical cutters of the cane.

Just a spoon full of sugar is much more complicated than we could ever know.

Community parish to host Earth Day celebration

Rachel Wagner
Staff Reporter

On Sunday, the United Congressional Church in Bridgeport will be hosting an Earth Mass in celebration of Earth Day. The mass will be held at 4 p.m., and a reception will be held after the concert.

"The Earth Mass is going to be an exciting concert. It features the unique sounds of wild animals including the whale and the wolf and has a focus on nature and nature's creation," said Sarah Novotny, the Choir Council President. "One important theme throughout this concert is the caring of what we have on this planet. One line from the mass says, 'Ask of the beasts and they shall teach you the beauty of the Earth.'"

Dr. John Michniewicz, the director of the music program will be directing the concert. The performances featured in the concert are Sacred Heart University's 4 Heart Chamber Choir, The United Chorale, and The Norma Pfriem Children's Choir.

"4-Heart Harmony, as well as the other choirs performing in the concert, has been rehearsing for this concert since early last semester. As the president of the Choir Council, I would also like to extend a personal invitation to the Sacred Heart Community to attend this special performance," said Novotny.

This mass will help celebrate Earth Day, a holiday that according to the Earth Day's Web site, "is a time to celebrate gains we have made and create new visions to accelerate environmental progress. Earth Day is a time to unite around new actions. Earth Day and every day is a time to act to protect our planet."

Earth Day is officially on Apr. 22, and will be celebrating its 38th anniversary.

This mass is one of Sacred Heart's ways to help spread the word on getting involved in helping the environment.

Sacred Heart University's Ryan Matura Library also recently hosted the lecture by Bill Evans, a meteorologist at ABC's "Eyewitness News," last Wednesday. Evan's came to talk about his new book "Category 7."

The holiday that celebrates the environment has become part of the new trend to be green and environmentally friendly. Some students though, would like to see even more done on campus.

"I think that if people just spoke about it and sent just general information around, and did an even that included more than just the Catholics of school, then that would be much better," said sophomore Nadia Najm who is also a member of the 4 Heart Chamber Choir.

Najm has a few ways she is friendly to the environment. "Well I recycle everything that I can, regardless of what the containers are for at school. I also don't use paper products at all, except for the occasional napkins, and I shut off every light as I exit a room, just basic simple stuff."

If you want to go to the Earth Day mass it is located at 877 Park Avenue, and to find out more information on the Earth Day celebration you can call (203) 335-3107.

Viewers up in arms over new war movie, "Stop Loss"

Kristina Dolan

Staff Reporter

'Land of the free, home of the Brave' is our country's motto. For some of our troops serving the country, this phrase is more than a motto; it is their lives.

In the entertainment world, there has been quite a stir of controversy about the recently released movie "Stop-Loss," which is about soldiers returning home from the war in Iraq.

Decorated Iraq war hero Sgt. Brandon King, played by Ryan Phillippe, makes his return to his small Texas hometown following his tour in Iraq. With the help of his best friend and fellow soldier Steve Shriver, played by Channing Tatum, and his family, he tries to resume his old life.

Against Brandon's will, the Army orders him back to duty in Iraq. This conflict tests everything he believes in such as the bond of family, loyalty of friendship, limits of love and value of honor.

According to stoplossmovie.com, "Stop-Loss policy is the retention of soldiers in the service beyond their expected term. Using a loophole in soldier's military contracts to prohibit servicemen and women from retiring once their required term of



Paramount Pictures/ Frank Masi

Channing Tatum, left, Ryan Phillippe, Alex Frost, Joseph Gordon-Levitt, and Rob Brown play comrades in Iraq in the new film, "Stop Loss."

service is complete. It is also known as Back Door Draft."

This government policy has affected more than 80,000 of America's brave men and women in uniform. The enforcement of Stop-Loss policy makes each of them walk the fine line between doing their duty and doing what's right.

"I do not want to see the movie because I currently have a brother who has served in Afghanistan and will be coming out of the army this spring while my other

brother will be deployed to Iraq this summer. I feel this movie will be emotional for me and make me worry more about my brothers," said freshman Kelsey Mullaney.

Stop-Loss is a Paramount Pictures and MTV Films presentation that is directed by Kimberly Peirce. This is her first film directing since the Academy Award-winning "Boys Don't Cry."

The project took a more personal turn when Peirce's younger brother, then 18, enlisted in the Army after the events of 9/11.

"In an effort to understand what my brother was going through, I started making a documentary on our soldiers," said Peirce. "I interviewed soldiers asking them why they joined, what they experienced at war and what they experienced upon their return while trying to re-assimilate into society."

Congress first gave Stop-Loss authority to the Department of Defense right after

the draft ended. It was designed to use in a time of war if the President needed to retain troops to defend the country. However, the military didn't use this authority until the Gulf War when President George H.W. Bush imposed Stop-Loss on everyone in the military.

"The fact that my brothers serve in the military makes me extremely proud," said Mullaney. "I feel the movie will show a lot of the soldiers and their families, and that would hit a little too close to home for me."

"I really enjoyed the movie, I felt it was very well made, there was humor in the right parts to balance out the seriousness and drama in the movie," said sophomore Noelle Saulnier. "I liked the movie as a whole and I feel like every part of the movie fulfilled a detail that really helped it come together and be the great movie that it was."

For a movie with a production budget of \$25 million, "Stop-Loss" is not living quite up to its expectations. For its opening weekend total, the movie only made around \$4.5 million.

Paul Herman puts on his dancing shoes with stars

Lauren Sampson

Staff Reporter

Paul Herman knew all along what he was supposed to be doing with his life. He was born to be a dancer.

The 2004 Sacred Heart University graduate, and two-time "Mr. SHU" winner, could be seen performing with his younger brother Brian on last Thursday on MTV TR3S as a back-up dancer for rising pop artist Kat Deluna.

"I learned how to dance in the streets of the Bronx. It is a very competitive area with many negative aspects and ways to stay out of that were being involved and being proactive. Dancing was a great way of expressing ourselves," said Sacred Heart alumnus Paul Herman.

"My main influences were my parents. They are from the Caribbean and there was always music playing in the house. The second influence was the Bronx and trying to find a way out of the negativity," said Herman.

The Herman brothers were influenced by artists such as Michael Jackson, Omarion, Chris Brown and Usher.

Their influences go beyond musical artists, family members and the Bronx.

"A big part came from Sacred Heart. The amount of support that I received is ridiculous. I'm living the dream that people knew I was talking about prior to all of this," said Herman.

"Omega Phi Kappa Multicultural Fraternity, Inc. was another huge influence. Those guys supported me 100 percent, as a family. They always pushed me to where I needed to be."

Over the years, Paul and his brother had caught the attention of enough spectators that they founded their own dance group, Double Up Dance Group.

The managerial group of Kat Deluna then showed interest in the unique dance moves and energy shown by the Herman brothers.

"Everybody likes their style. Also, they had the talent, but they just didn't pursue,

so I convinced them that they should do it," said 16 Stars Entertainment co-founder Gregory Maurice.

"It was easy to get them involved in the entertainment industry."

Once under the management of 16 Stars Entertainment, Herman and his brother got their big break by being invited to dance in Deluna's music video for her first hit single "Whine Up."

"We believe they look better on stage with Kat than two other girls and it's been a success, so they are now Kat's official back up dancers," said Maurice.

"Whine Up" was not only a chance for Paul to show off his energetic, unique moves, but he was also able to co-choreograph the video, incorporating his own style.

"The 'Whine Up' video was a good experience. We did not have a main role, but we got to meet a lot of people and artists in the process and were able to see what goes on behind-the-scenes," said Herman.

"At first we didn't know how far we were going to go. But we knew this business is what we wanted to be a part of. The doors just open up. Sometimes you only have one shot and you have to perform like it's your last show," said Herman.

Not far after dancing in Deluna's music video, Double Up received an invitation to dance alongside Eve and Sean Paul for an up-coming song "Give It To You."

Other career building performances for the duo include opening for Flava Flav at Pace University, for R&B prince Chris Brown in Paris, and for Rihanna at the Nokia Theater in Times Square.

For the 2007 American Music Awards, Double Up had the honor of being selectively chosen to help choreograph and dance for R&B artist Alicia Keys.

"Performing on an awards show is definitely different. People have to realize the caliber. They want the best of the best, and that is it, you have one shot," said Herman.

"We have to go triple quadruple than we normally would. It was ridiculous when

**Voted Best in
Fairfield County 2005, 2006 & 2007**

**Look Great
in a
Hollywood Tan**

**GREAT
STUDENT
SPECIALS**

**UNLIMITED
TANNING**
starting at
\$19.99
per month

HOLLYWOOD TANS
TANNING SALON

*See Salon for Details

<p>STRATFORD 1345 Barnum Ave. Stratford, CT 203-385-8555</p>	<p>FAIRFIELD 2173 Black Rock Turnpike Fairfield, CT 203-336-8267</p>	<p>NORWALK 440 Westport Ave. Norwalk, CT 203-847-7755</p>
--	--	---

we got off stage. The performance was in the Times, so we made history."

In addition to performing, the Herman brothers also spend time holding dance workshops to teach others what they know, taping instructional videos, and holding seminars.

Another feat Paul and Brian have accomplished is being hand-chosen to work on Reebok's 2008 campaign for "Your Move."

A future aspiration of the dance group

is to open up a dance studio so that they can give back more to other young dancers who are starting off much like the Herman brothers once did.

"I think I found my niche," said Herman.

You can contact the brothers by email at doubleupdancegroup@gmail.com, see them on their website www.myspace.com/doubleupdancegroup, or videos of their dances are available for viewing on youtube.com.

Features

Who will be crowned the next Mr. SHU?

Meet the contestants and decide who you think is worthy of the title

Juliana Brittis
Staff Reporter

Swimsuits, choreographed dances, comedy routines and some really, really, ridiculously good looking men; what more could you ask for? These are sights to be seen at the upcoming Mr. SHU competition on Apr. 25 in the Edgerton Theatre. After a rigorous application and auditioning process, 10 men have been chosen to participate in this year's Mr. SHU competition. With only a little time left before the big night, the competitors are preparing themselves in every possible way.

After the announcement of the final contestants, the chatter about who will take home the title of Mr. SHU, has already begun, sometimes resulting in heated debates.

"I really think that Brice [Brooks] will take home the win. He's got a lot of dedication and I think this will show in his act at the contest," said sophomore Mark Galletta.

Opposed to this view is sophomore Amanda Donaldson, who feels that J.T. Strosnick will win.

"I think that J.T. has a really great shot at winning. He's hilarious so I really think that this will come out in his talent part of the contest," said Donaldson.

With an eccentric cast of competitors and an array of talents, the Sacred Heart community can expect a different kind of show this year.

The one thing the men of Mr. SHU can agree on is the huge amount of entertainment the show will provide.

"I think people are going to be pretty shocked, but entertained by what is going to be happening on the stage," said Brooks.

With the spectators cheering on their favorite contender and the competitors preparing daily for the upcoming night, the hype for Mr. SHU only continues to grow.

Yet, no matter how many debates or convincing arguments students have about who will be crowned Mr. SHU, only the big night of Apr. 25 will reveal who has proved himself worthy enough to become the real Mr. SHU and claim the title.

Despite their busy schedules of practices and preparations for the contest, the men of Mr. SHU are taking the time to introduce themselves and let you know why they think they're the best man to take home the crown.

So without further ado, here are your contestants for Mr. SHU of 2008.

1. Daniel Meenan

A senior, nominated by a friend, is doing Mr. SHU to end off his final year on a good note.

Hoping to use his comedy skills to help him win, Meenan has been preparing by spending a lot of time at the gym and practicing his talent.

"Not many people have the ability to make fun and laugh at themselves like I do, and I try not taking myself so seriously. I might be the biggest 7-year-old people know," said Meenan.



2. Mike Barrett, Senior Sports Editor

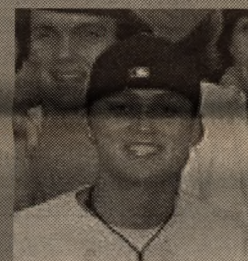


3. Corey Hassan

A sophomore, has been waiting for this moment since his start at Sacred Heart.

"I've been preparing for this my whole life, this is why I came to SHU," said Hassan.

Hassan, who is also on the basketball team, expects to have a lot of fun at the contest, and hopes to come out as winner but feels that "only time will tell."



4. Daniel Falanga

A junior, is attempting to avenge his loss last year in the hopes of taking home the win this April by utilizing his dance skills.

"I have some exciting stuff planned for this year too. You should expect some sweet dance moves," said Falanga.

By practicing, stretching and dancing every day, Falanga hopes to come out victorious.

"I did Mr. SHU last year and had a blast so this year's show should be great," said Falanga.

5. Brice Brooks

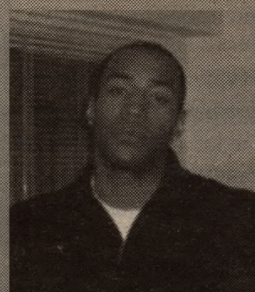
Senior Brice Brooks is looking at the competition from a more serious viewpoint.

Brooks feels that he best exemplifies the qualities of Mr. SHU.

"Mr. SHU is constantly working on trying to better himself as an individual so that he can excel in whatever it is he does," said Brooks.

"I feel that I embody all these qualities and that is why I would make the best Mr. SHU."

Brooks, who is a member of the basketball team, hopes to commemorate his last year at Sacred Heart by being part of a Mr. SHU show, which the school will never forget.



6. J.T. Strosnick

A sophomore, is all about having a good time, and hopes to bring this to the contest.

"I am all about being funny, everything that I do at the contest is going to be funny," said Strosnick.

Although Strosnick is keeping his talent a secret till the day of the performance, he promises a winning performance.

"I guarantee that whatever is associated with me on stage is going to be funny and creative, from the video to the talent to the swimwear," said Strosnick.



7. Corey Bundy, Senior



8. Josh Morgan, Sophomore



9. James Griffin, Senior



10. Anthony Santos, Junior



IN THE SPOTLIGHT: Patricia Ripley: Published and proud

Graduate student creates "Mi Abuela," an adventurous children's story

Samantha Marinko
Staff Reporter

"I run to Mi Abuela when my sister will not play," reads the first line of the children's story "Mi Abuela" by Sacred Heart graduate student Patricia Ripley.

In June, Ripley will be completing her education through the Sacred Heart graduate educational leadership program.

Upon her graduation of the program, Ripley would like to become a department head, assistant principal or principal with the state of Connecticut.

"Mi Abuela" is a generational, uplifting story about a young girl who goes to her sister seeking a playmate.

When her sister turns her down, she goes to her grandmother and winds up having an adventurous day she never expected.

The story takes place in the islands, most closely identified with Puerto Rico and incorporates several Spanish references.

"I am extremely interested in social justice issues and multigenerational families and culture," said Ripley, who explained that her interest in the Spanish culture also comes partly from her once-home state of Arizona, which is heavily influenced by Mexico.

"The cultural exchange of ideas is rich and fascinating," said Ripley.

Despite her many references to it



The cover of Ripley's first published story, about the adventure of a young girl and her grandmother when her sister will not play.

in "Mi Abuela," Ripley doesn't actually speak Spanish, although she hopes to one day learn it.

"We are not the Eurocentric America that existed when our forefathers established the Constitution. I have been greatly influenced by the Spanish culture just through day to day interactions across my lifetime," said Ripley.

Ripley chose to use the grandmother as the main character because "grandparents today seem to have a much more involved and relaxed relationship with their grandchildren than in ages past," Ripley said.

"They like to spend time playing, a luxury they may not have had when their own children were young... my mother had that type of relationship with my children."

Writing has always been Ripley's passion.

"I guess I'm really a storyteller at heart," said Ripley, who has experienced a number of different careers throughout the years.

From working with the juvenile detention program to being a teacher to working with disabled children, she ultimately found her niche in authoring children's stories.

"I hope to publish more in the future," said Ripley, who also feels that although the first book is a lot of work, the pressure for the second is even greater.

"I would like to continue to develop themes that are multicultural, intergenerational and enduring, across many cultures and peoples."

Though writing is her passion, Ripley said that her most rewarding career has been that of teaching. "From infants, to incarcerated teenagers, to students in the technical high schools of Connecticut... no matter what form it is in," she said.

Students at Sacred Heart who share Ripley's passion for writing are also excited to know of her success.

"It's really inspiring to hear that someone from Sacred Heart is making it in the

publishing world," said sophomore Alison Roach.

"Writing and editing is what I'm interested in doing after college so it's amazing to see that it's possible."

Ripley's manuscript for "Mi Abuela" was a finalist in the Tassy Walden New Voices in Children's Literature Contest of 2007 run by the Shoreline Alliance for the Arts.

Like the character of the girl in "Mi Abuela" who searches for adventure, Ripley too has big dreams for the future.

"Mi Abuela" concludes with the line, "I dream of what we will do next, when Sister will not play..."

This story-teller at heart hopes that her first story will not be her last.

Do You or Someone You Know Deserve to be Featured "In the Spotlight?"

If so, e-mail Anne Dunne at dunnea@sacredheart.edu or Courtney Kohloff at kohloffc@sacredheart.edu.

Explain why you think you are spotlight worthy and maybe you will be the one featured in our next issue!

Small in numbers, but big in making a difference

The ONE chapter continues success to help end poverty

Kelly Daley
Staff Reporter

Miles away from the Sacred Heart campus in Bridgeport, almost 18 percent of the population lives below the poverty line, according to the Federal Reserve Bank of New York.

The university is doing something about it through the ONE campaign.

As of March, Sacred Heart ranked first in the nation for the ONE campaign Campus challenge, according to the university website.

"We competed with every other university in the nation, to gain points and move up in the rankings," said sophomore Mike Fazzino, the president and founder of the university's ONE chapter.

"Sacred Heart doesn't have the numbers of a larger university, but we certainly have the heart and have been working to make a difference."

The ONE chapter at Sacred Heart received a \$1,000 grant to create a project to help end poverty, along with nine other schools who qualified for the One Campus Challenge.

"For our project, we found that the Luis Munoz Marin School in Bridgeport's playground was in pretty bad shape," said Fazzino.

With nine gallons of paint and 500

hours of work, volunteers from the university fixed up the playground and painted a map of the world.

"We competed with every other university in the nation, to gain points and move up in the rankings. Sacred Heart doesn't have the numbers of a larger university, but we certainly have the heart and have been working to make a difference."

-Mike Fazzino
Sophomore, president and founder of Sacred Heart's ONE chapter

"We wanted the kids to see the map and know that just one person can make a difference. We painted a giant ONE logo, too, because if all the kids see how we helped them, maybe they'll do something to help others," said Fazzino.

Over 900 students are enrolled at the Luis Munoz Marin school.

"We felt like we needed to give back to the Bridgeport community. We made a safe place for the kids to enjoy themselves

and so that they could have somewhere to go and have fun," said sophomore Amanda Francini, vice president of the university's ONE chapter.

The ONE chapter also sponsored a 24-hour fast in which canned goods were collected and money was raised for the ONE campaign.

"We raised several shopping carts full of food and over \$1,200. All the proceeds went to St. Charles Food Pantry in Bridgeport," said Fazzino.

On the day that the fast ended, UNO's restaurant sponsored a fundraiser for the campaign.

"Twenty percent of anything purchased at the restaurant went straight back to the ONE campaign," said Fazzino.

Mayor Bill Finch heard about the university's work and officially declared Bridgeport a "City of ONE."

Sacred Heart was among nine other schools that received a grant to create a project. Visitors to the ONE campaign website voted for the school that they believed should win the challenge.

"All ten schools posted

what they did for their projects. We are waiting for the results of the votes, and I'm hopeful everyone will see what a difference we made," said Fazzino.

The winner of the campus challenge will receive a performance by a nationwide act, to be determined by the ONE campaign.

"We plan on continuing to have the group next year. We want to continue to reach out to Bridgeport and do bigger and better things to improve and impact the community," said Francini.

The chapter is non-stop with their efforts, and is already thinking about what more they can do to aid the Bridgeport community in the future.

INTERESTED IN WORKING WITH CHILDREN THIS SUMMER?

College Nannies and Tutors provides the perfect opportunity to earn money while making a difference in a child's life.

- Part time / Full time Schedules
- Great Pay
- New Positions Added Daily
- Immediate Part Time Openings Available

Apply online today at
<http://www.collegenannies.com/team>
or call 203-373-0498

College
Nannies & Tutors

Sports

Weekend Scoreboard

Friday, April 4

W. Lacrosse

SHU-14

LIU-4

Saturday, March 29

M. Volleyball

SHU-0

NYU-3

Softball

SHU-4

Quinnipiac-2

SHU-9

Quinnipiac-1

Baseball

Monmouth-12

SHU-0

Monmouth-12

SHU-0

Men's Lacrosse

SHU-3

Hofstra-20

Sunday March 30

W. Lacrosse

SHU-17

Wagner-8

Softball

CCSU-2

SHU-1

CCSU-2

SHU-5

Spectrum Sports

Editor:

Mike Barrett
Barrettm@SHU.edu

Assistant Editor:

Rob Morgan
Morganr1429@SHU.edu

Columnists:

J. Andrew Horvath
Brian Fitzsimmons

Staff Reporters:

Carolyn Bauer
Mikaela Reynolds
Molly Rosa
Graig Shepard
Patrick Sullivan
Juliana Wynohradnyk

Men's lacrosse falls to Hofstra 20-3

Mikaela Reynolds
Staff Reporter

The Sacred Heart men's lacrosse team suffered its second conference loss this past weekend, when it fell to Hofstra University, 20-3.

"We will prepare better for next game, and try not to harp on last weekend's loss. What's done is done and we have to move on if we want to achieve our goal of being in the playoffs at the end of the season. We have to go hard right from the opening whistle all the way to the closing seconds," said sophomore Evan Morgan.

The team's record is at 6-3 overall. However, the conference record suffered an undeniable blow, dragging the team down to a 1-2.

"It was a tough loss. We need to be much more patient with the ball on offense. We threw the ball away too many times and it killed us. We just have to move on and concentrate on our next game," said junior Bobby Karl.

"This loss was a huge step back for our team," said junior Nick Russo. "But, we are going to use it as a learning experience as well as for motivation for our upcoming league games."

Scoring first was junior Bobby Rushton off of a setup by senior Tony Tanzi. Sacred Heart's game starting goal was quickly matched by the Pride. The Pioneers refused to be outdone and recaptured the lead with a goal by Karl off of a feed from junior Dan Casciano. The first quarter ended at 2-2.

Hofstra gained the lead and ran away with it, scoring eight more goals in the second period. The Pioneers tallied their third and final goal by Tanzi off an assist by sophomore Timmy Katz, just before the first half concluded at 10-3 in favor of Hofstra.

The latter half of the game consisted of a dominant attack by Hofstra. The Pride



SHU Athletics

Sophomore Evan Morgan moves past a defender.

out-shot the Pioneers 53-18. Vargas and Murtha came together for a combined total of 11 saves over Hofstra's seven. The game was lost, most notably, in penalties, of which Sacred Heart attained 10. Meanwhile Hofstra squeaked by with a mere five penalty count.

"During the game we got ourselves into a hole we couldn't dig ourselves out of. Ten penalties on us and Hofstra capitalized on eight of them which is huge in lacrosse," said Rushton.

The penalty count has often been high in nearly every game for the Pioneers. However, it seems that the team's talent has more than made up for it based on their amazing 6-3 record. Five of the wins were home games, bringing the Pioneers to an undefeated record at home.

"The loss makes us 6-3 on the season and 1-2 in the conference. This means we have to win two out of the next three games in order to make it into the conference playoffs," said Tanzi.

Three more regular season games, two of which are at home, are scheduled against Towson, Drexel, and Delaware.

"In order to win future games, everyone has to play with the attitude that if we lose we're out," said Rushton. "Being in the playoffs means a lot for this program since we've never made the CAA playoffs since becoming a Division one program."

"There is still a lot of season left to play," said Russo. "At 6-3, we control our own destiny and I, along with my teammates have never had this big of an opportunity this late in the season. The positive is that we still have three league games left and therefore, a very good opportunity to make the playoffs."

"In our next game," said Morgan, "I expect us to come out playing with something to prove."

The next game is scheduled for April 19 in Philadelphia when the Pioneers take on Drexel.

Softball posts another three-win weekend in NEC play

Graig Shepard
Staff Reporter

It was another victorious conference weekend for the Sacred Heart softball team, as it picked up three more victories in four conference games this past weekend.

"Yes, we had another good weekend in NEC play," said co-head coach Pamela London.

The Pioneers swept their double header against Quinnipiac on Saturday, 4-2, and 9-1. On Sunday they matched up with Central, and split with a 2-1 loss and a 5-2 victory.

"I think we are off to a good start," said co-head coach Elizabeth Luckie.

The Pioneers suffered a tough loss in the first game of Sunday's double-header versus Central, falling 2-1.

"It was hard to come out that intense game one on Sunday. I think we were a little slow to get out of the gate and we basically ran out of innings," said London.

Senior Megan Spehar gave a solid outing, pitching six innings, allowing only four hits, and striking out eight.

"Megan pitched great and we know we have to do a better job of supporting her with runs," said London.

Sacred Heart sent freshman Jen Russell to the hill, in game two of Sunday's double-

header. Russell pitched a complete game allowing only two runs, striking out four, and walking only one batter.

The Pioneers offense drove in five runners in the fourth inning, giving Russell, and her defense a little breathing room.

"We knew we needed the second game, and we put together five runs in the fourth inning, and held on for the victory," said Luckie.

Along with solid performances on the mound and at the plate, Sacred Heart's defense had only two errors in game Sunday's win.

"In the second game we came out with the desire to win, and prove to ourselves that we could hang with this team," said freshman centerfielder Taylor Froelich.

On Saturday, Sacred Heart took both games, against their division rival, Quinnipiac University.

"The Quinnipiac sweep on Saturday was very gratifying because they are such a rival of SHU," said London.

In the first game, the Pioneers offense came out of the gate a little slow, remaining scoreless until scoring two runs in the fifth inning. Sacred Heart then followed through posting a run in the sixth and seventh inning.

Spehar pitched a complete game for Sacred Heart, allowing two runs, striking out

two, and walking one batter. The Pioneers defense showed a good effort, allowing only two errors.

On Saturday's second game of the double header, Quinnipiac was the first on the board, scoring one run in the bottom of the first inning. The Pioneers answered in the second inning, driving in five runs.

Russell pitched six innings allowing zero runs, striking out four, and walking one batter. Sacred Heart's defense had only error, which lead to the Bobcat's only run.

"The Quinnipiac sweep was huge for our program. The girls played extremely well; the key was hitting with runners on base and being aggressive on the base paths. Our defense was solid and our pitching was outstanding," said Luckie.

Sacred Heart is 6-2 in the North Eastern Conference, placing in second, right behind Long Island who is 5-1. The Pioneers are on the right track of achieving their goal of making the NEC playoffs.

"The bar has been set since we came to school in the fall; we are going to make the NEC playoffs this year! We have yet to accomplish this at the division I level. It has been the driving force of all the hard work my ladies have put into this season," said London.

INSIDE THE LINES



J. Andrew Horvath
Sports Columnist

2008 Summer Olympics already feeling the heat from worldwide protests



CTV.ca

Atop a small pedestal, a lone athlete stands tall. During the same four years you have spent drinking, partying, and skipping your 9:30 classes because they're too early, this man has been putting himself through torturous training in preparation for one race. And now, he stands alone as a representative of his nation. The speakers blare, and the sounds of his national anthem pour into the stadium. He begins welling up, and eventually just breaks down. All of his early mornings, training, and effort have culminated in this moment. Because of his performance at this year's Olympics, he might even find his way onto a Wheaties box.

Or in a hospital.

Or in the middle of a massive protest.

The 2008 Summer Olympic Games have found their way into the People's Republic of China and one of its largest cities: Beijing. Unfortunately, these games have drawn more scrutiny of China's policies than produced excitement about the events themselves.

Chinese air is more polluted today than Los Angeles was at its worst. Additionally, the water conditions in the People's Republic aren't exactly the best possible. In fact, some of the athletes have already checked themselves out of participation on behalf of their health faster than Yao Ming can say, "Can I write a check?"

Of course, tree-huggers aren't the only people ticked off at the Chinese government. The "Free Tibet" signs have once again been dusted off and have found

their way into all sorts of situations and places, with the Golden Gate Bridge in San Francisco becoming the latest platform for the anti-annexation stand.

The Olympic flame, which is meant to travel from Olympia to the destination of the games themselves, has already faced some anti-Chinese protesters along its route. Vicious fighting and rioting on the streets of Paris ensued when the torch was carried through the roughly seventeen-mile route. While the different news wire services can't collectively agree on the number, we know that the torch was put out at least once and up to six times during the Paris stretch.

Is this really the spirit of humanity that the games are meant to both preserve and cultivate? It seems more like these games are teasing out the worst we as a people have to offer, simply out of a response to the location they are being played in.

This is a sporting event, aimed at combining international relations with the greatness of athletic competition. The athletes involved are simply trying to achieve greatness on behalf of their home, and take great pride in being able to do so.

It is true that the Olympic Games have never been entirely apolitical. The host gets to raise enough money to construct the most imaginative and wondrous one-use stadium possible, in an attempt to dictate their greatness through architectural symbolism.

Medal counts are also still a numerical ranking system of the athleticism of the participating countries, and

in the Cold War was always a reliable way to announce our dominance over the Soviets. The Olympic torch itself was rekindled by the Nazis to synthesize a link between Ancient Greece and their own "Master Race." However, the politics of the Olympics is on the periphery of the true essence of the games: athletic competition in its purest form.

Are athletics somewhat trivial? Of course.

Is it fair to forget those who have trained with such discipline because we have disagreements with those who are in charge of their countries?

It has been suggested that we skip the opening ceremonies and that President Bush not attend the games at all. What did our Olympic athletes do to deserve being denied the opportunity to attend the opening ceremony and the chance to march as representatives of the United States?

There are many ways to show displeasure with a nation's policies. What some perceive as China's continued support of genocide in Sudan can be dealt with in ways that don't drag completely unrelated citizens through the process. In fact, poetic justice would be to attend the games and participate in every possible way. Then, when American athletes stand atop the first-place podiums to the tune of the Star Spangled Banner, we can think about how we did the right thing. Policy can be solved by politicians. Athletics can be won by athletes. Ask Jesse Owens, who knows enough about both.

66 reasons to love the 2008 NCAA Tourney

Brian Fitzsimmons
Editor-in-Chief

The "Chalk and Awe" (1) generated from Monday's thrilling overtime game (2) resurrected euphoric memories of Danny and the Miracles Kansas team twenty years ago (3) and gave the nation a new reason to love college basketball (4).

Mario Chalmers let one go in desperation and found salvation (5) for the precious extended period of time and it turned out to be just what the Jayhawks needed (6). Memphis, which played hard the entire season and broke a record for most wins in a year (7), waved the white flag in the end, and the crown was given to the rightful owner (8).

The kings of the NCAA tournament moved past Portland State (9), UNLV (10), and Villanova (11) with ease. They dismantled Stephen Curry's torrid run (12) and moved the clock up one more hour to midnight for Davidson (13)—the tournament's Cinderella team, though daylight saving's time was some time before.

Last week, they gave Player of the Year Tyler Hansbrough (14) a real reason to forego the NBA draft (15) and return to North Carolina (16) for one more year, by coming out of the gate with a game-plan Roy Williams' crew

wasn't ready for (17).

And finally, they took John Calipari's self-proclaimed "Princeton offense on steroids (18)" and transformed it into the likes of the New York Knicks under tranquilizers. It was the perfect formula (19): pressure in the half court set (20), out-rebounding the opponent (21), and taking advantage of missed free throws down the stretch (22). Oh, and Joe Dorsey fouling out in regulation (23) helped too.

Don't forget, as much as the final game invigorated us (24), the rest of the field put on one heck of a show (25). We had a bunch of wild games including Tennessee being dumped by Louisville (26), Davidson putting away Wisconsin (27), San Diego disposing of UConn (28) and— who can forget— Western Kentucky (29) ousting Drake (30) at the buzzer in the opening round (31).

In addition, we were able to enjoy a first round game featuring future NBA stars (31) O.J. Mayo (32) against Michael Beasley (33) when Kansas State (34) knocked off USC (35).

The Sweet 16 (36) was a bit unexpected as well, since programs such as West Virginia (37), Michigan State (38), Stanford (39), Villanova, Western Kentucky and Davidson made pretty big splashes (40).

We witnessed average players step

up their games and become stars (41), i.e. Curry, and all-Americans play on the biggest of stages (42). NBA scouts were provided an ample measuring stick (43) of how future prospects will pan out on the next level and yes, even Isaiah Thomas (44) might have an idea whom he will take with a to-be-determined lottery pick (45) in late June. But, trust me, he will screw (46) it (47) up (48) somehow (49).

Anyway, from a standpoint in Fairfield (50) we were able to relate to the schools that lost in a sour manner (51). So much hype is pumped through the corridors of the institutions that take basketball seriously (52) and boy, does it hurt.

Our Sacred Heart team (53) took us on quite ride, (54) and they just didn't measure up in the end. It just wasn't meant to be, but it will be one day (55). You can count on it.

In the aftermath, Mount Saint Mary's defeated Coppin State in the play-in game and was trumped by North Carolina in the first round (56, 57).

When this wonderful time comes around again next March, we have something to look forward to (58). The possibility of ESPN's bright lights roaming our campus (59), the Ryan Litke 3-pointers (60), a healthy Joey Henley (61), the quickness of Chauncey Hardy

(62), and the growing legacy of Dave Bike (63).

It will be everything we wanted so badly this year (64). In the pool of (65), we might not feel like No. (66) again.

That's something to dance about.



AP Photo/ Mark Humphrey

Kansas celebrated its first national title in 20 years.

Sports

Monmouth overpowers baseball in NEC opener

Pat Sullivan
Staff Reporter

The Sacred Heart baseball team opened conference play against Monmouth this past weekend and was swept in the four game series in Bridgeport.

Friday's game was postponed due to the weather forcing the Pioneers to play two double headers on back-to-back days.

In game one on Saturday, the Hawks jumped all over starter Jared Balbach, tagging him for nine runs in the third inning.

The big blow was a three-run homer by Ryan Terry that made the score 9-0.

"This weekend gave us a good idea of where we have to go as far competing with the good teams," said head coach Nick Giaquinto.

Balbach gave up 11 runs, nine of which were unearned.

On offense, the Pioneers had nine hits but couldn't manufacture any runs and several missed opportunities. In the fourth, Sacred Heart had the bases loaded but freshman Steve Armato grounded out to second to end the threat.

Monmouth would keep the Pioneer's scoreless with the final score being 12-0.

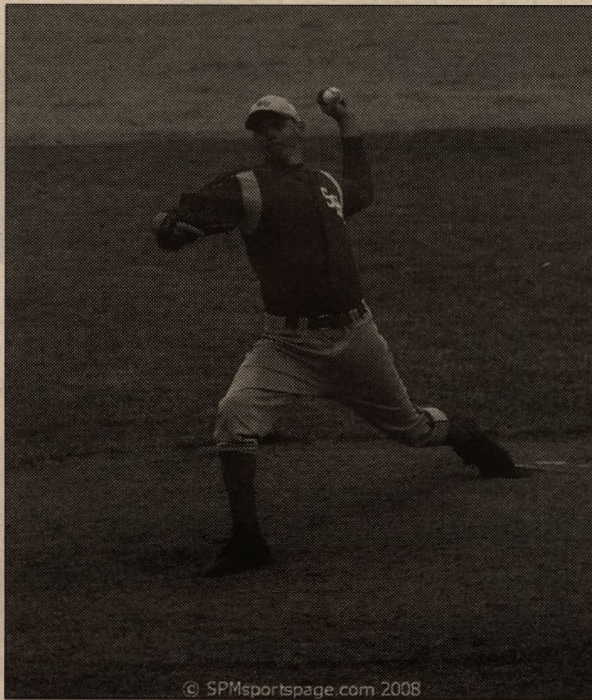
In game two on Saturday, the Pioneers were defeated 12-0.

The Hawks had four multiple run innings behind 13 hits.

"We really played poorly in the first three games. We didn't hit or pitch well," said Giaquinto.

The opening game of Sunday's double header wasn't much different for the Pioneers as they fell by the score of 17-0.

Monmouth, the defending conference champs,



© SPMsportspage.com 2008

Larry Morganweck/SPM Magazine

Freshman Matt Fitton throws a pitch against Monmouth on Saturday.

scored 17 runs on 17 hits, while limiting the Pioneers to just one hit.

"Monmouth really doesn't have any weaknesses, they do everything well," said senior Frank Bainer.

Monmouth starting pitcher Ryan Buch pitched seven strong innings, giving up one hit and two walks, while striking out 14.

The Pioneers committed three more errors in game three giving them eight for the first three games.

"We obviously had a tough weekend against a very good Monmouth ball club. We made far too many mistakes in all aspects of the game and they made us pay for

it," said senior Jeff Hanson.

In the fourth game of the series, the Pioneers finally were able to score some runs but were upended by the Hawks, 5-4 in 11 innings.

The Pioneers struck in the second and sixth innings.

In the second, junior Ryan Lynch scored on a groundout by sophomore Mike Drowne.

In the sixth it was a Tyler Santos double that plated shortstop Phil Tantillo. Santos would later score on an error to make it 4-2 in favor of Sacred Heart.

However, Monmouth scored runs in the eighth and eleventh to take the victory.

"In the fourth game we played solid but didn't execute well enough to come away with a win," said coach Giaquinto.

The fourth game was a display of the potential that this team has and with the awaiting schedule, the Pioneers need to put it all together.

"We expect this again from LIU this upcoming weekend. We must find a way to play like we did in game four of this past weekend, and battle for all nine innings," said Hanson.

Consistency is what the Pioneers are searching for, especially with two of their biggest offensive threats out for the season.

"That's what happens when you play a team like Monmouth. If you don't execute they will take advantage," said coach Giaquinto.

The Pioneers play a double header at Yale on Thursday before heading to Brooklyn to take on LIU in a four game series.

"A few of the guys have stepped it up as of late, and it's time for the rest of the lineup to follow. This translates to the mound and field as well, where we are far too inconsistent, and must step it up as a whole for us to have a chance against LIU," said Hanson.

Womens's lacrosse locks up playoff birth with weekend sweep

Juliana Wynohradnyk
Staff Reporter

The Sacred Heart women's lacrosse team clinched a playoff spot in the Northeast Conference Tournament with two wins this past weekend.

Sacred Heart beat Long Island University, 14-4, and Wagner, 17-8.

The Pioneers' successful season now stands at a 9-5 record overall, setting a new Division I record for consecutive wins with their seventh straight victory in the NEC.

"I don't think that teams are beginning to fear us," said Amanda Williams, "but we do have a target on our backs. Every team we play would love to be the ones to beat the first place team."

Williams' three goals and one assist brought her season totals to a team-leading 33 goals with eight assists.

Several other players were able to add to their growing records and others created new ones. Freshman Jessica Ingrassi scored a career-high five goals in Sunday's game while junior Mary Montesarchio raised her school record season total to 30 assists on the year with four against Wagner.

"Everyone on this team has contributed throughout the year," said Coach Laura Cook. "I always say we win as a team and we lose as a team."

On Friday, Sacred Heart got on the scoreboard quickly in the first half taking a 5-0 lead. Montesarchio and sophomore Carissa Hauser both recorded a pair of goals.

"Our attack is very balanced," said Williams, "which makes it difficult for teams to shut us down."

The Pioneers closed the first half with back-to-back goals from Williams to make it 7-3. Montesarchio assisted on both.



SHU Athletics

Junior Amanda Williams scored her team-leading 33rd goal in Friday's win.

"Our balanced attack is a great asset to our team," said Montesarchio. "It's easy to shut down one or two players and stay consistent on our attack."

In the second half, the Pioneers dominated with a six-straight goal attack.

Sacred Heart had several players record points. Senior Liz Ottey scored two goals and had a pair of

assists. Williams scored her third goal of the game and Ingrassi received credit for the Pioneers' final two goals of the game.

Sophomore Chelsea Wagner made five saves in net to earn the win.

"Everyone is so willing to learn," said Wagner. "Everyone strives to play the next game better than the last, and that's all I can ask for in a defense."

The Pioneers took the field again on Sunday against Wagner.

Sacred Heart quickly fell behind with a Wagner goal just 22 seconds into the game. Hauser and junior Meghan McCaffrey answered with back-to-back goals giving the Pioneers a 2-1 lead at 27:07.

"This year is different from the past," said Williams, "we are all returning from last season and know how to click really well. If a team takes out one of our players, there are still six that can score and be productive."

After a needed timeout, the Pioneers responded with eight-straight goals over a span of 13 minutes.

Ingrassi scored unassisted and Hauser followed with three goals.

At 3:10, senior Katie Salamone scored an eight-meter goal to close out the half.

Wagner scored to open the second half, but Sacred Heart jumped all over them tallying six goals. McCaffrey recorded her second of the game and Ingrassi scored three more times.

The Pioneers' next game is back at home on Campus Field against rival Quinnipiac on April 11. Sacred Heart will battle to clinch the No. 1 seed and the right to host the NEC tournament.

"We are still taking it one game at a time," said Cook. "Everyday at practice is a chance for us to improve as a team. We have not hit our full potential yet, but we are on our way."

NYU defeats men's volleyball on Senior Day



The Spectrum/ Holly Pinneran
NYU's defense played a major role in its victory over Sacred Heart.

Molly Rosa
Staff Reporter

It was Senior Day on Saturday at the William H. Pitt Center for the Sacred Heart men's volleyball team and it closed out its last home game of the season with a loss to New York University.

Senior captain of NYU, Jonathan Wintermeyer, notched his 1000th career kill as the Violets swept the Pioneers with a 3-0 win, propelling them into the EIVA

Playoffs. NYU took three straight games by scores of 30-18, 30-25 and 31-29.

"I am proud of the way the team played against the number two team in our division on Senior Day. We started the match slow, however, we came to play in games two and three going point for point with NYU each game," coach C.J. Emanuelson said.

The Violets are currently ranked second in the CBS College Sports Network/AVCA with a record of 21-7 and 8-2 in the EIVA division. The defeated Pioneers are now 6-13 and 1-8 in the EIVA division.

The Pioneers were led by sophomore Kalani Efstathiou who recorded 12 kills, eight digs and a .407 hitting percentage in their losing effort. Sophomore Scott Grandpre put down eight winners and senior Chris Yantz had six kills. Junior Dan Donohue contributed eight digs.

"I think we had moments where we played to our potential, but our problem was not being able to stay there. Throughout the season we have been plagued by small mistakes, which continue to add up and prevent us from beating any of the top teams," said Efstathiou.

Seniors Brendan Donohue, Pete Donohue, Dan DuVall and Yantz close out their home season with the loss. The seniors have assisted the team with their record of six wins for the season and will continue to pull the Pioneers to a successful season closing.

"My four years playing Division I volleyball has been a privilege and I could not have asked for better teammates over my four years. The experience of being a collegiate athlete has been amazing, and I believe that my Sacred Heart experience would not have been the same if I had not played volleyball," said Pete Donohue.

Dan Donohue dug up a team-high of nine balls with DuVall putting up a team-best of 33 assists.

"The seniors on this team will be greatly missed, they contribute so much to the personality of this team and I hope our team can pull together to end their careers right on Thursday," Efstathiou said.

NYU took control of the first game, as they hit .483 to defeat the Pioneers by 12. Wintermeyer and Eric Chakeen each had four kills. Violets senior David Tener also made NYU history with 10 digs, raising his career rally-scoring digs record total to 672.

Junior captain Devin Zolnowski notched 12 kills, two digs, and two blocks to aid the team in their win.

The second game started off quickly with the Violets holding the score 10-6. The Pioneers were able to cut in and grab the lead with 13-12. It was a back and forth battle as the Pioneers and the Violets tied at 17 and then again at 25.

However, the Violets won the final five points to claim the game with a .412 hitting percentage. They were able to defeat the Pioneers with a score of 30-25. Efstathiou put down six winners for the Pioneers.

"We are growing as players and as a team each week and a strong finish to the year is just what we need to propel us towards next season," said Emanuelson.

The court was a blur with the action of all players reaching their hands up to the net for a win. The Pioneers were able to build a lead of 17-14 and 19-15 in the third game. However, NYU roared back to tie the game at 20. After SHU won the next four points, the Violets won four of the next five and the game was tied at 25.

The teams exchanged points from there until the Violets were able to close out the match just two points ahead of the Pioneers with 31-29. Efstathiou put down five winners for Sacred Heart while Wintermeyer had seven kills for the Violets.

Brendan Donohue was able to make four kills followed by brother Pete Donohue with three.

The Pioneers finish their season at 7:00 p.m., Thursday night when they travel to New Haven. The Pioneers were able to defeat New Haven with a previous win of 3-1 and hope to close out their season with a spike.

"Our guys know that they are going to play hard against us and will not be satisfied losing to us again," Emanuelson said.

LSAT | GMAT | GRE | MCAT | DAT | OAT | PCAT



A Nintendo® Wii™...or a Kaplan course?

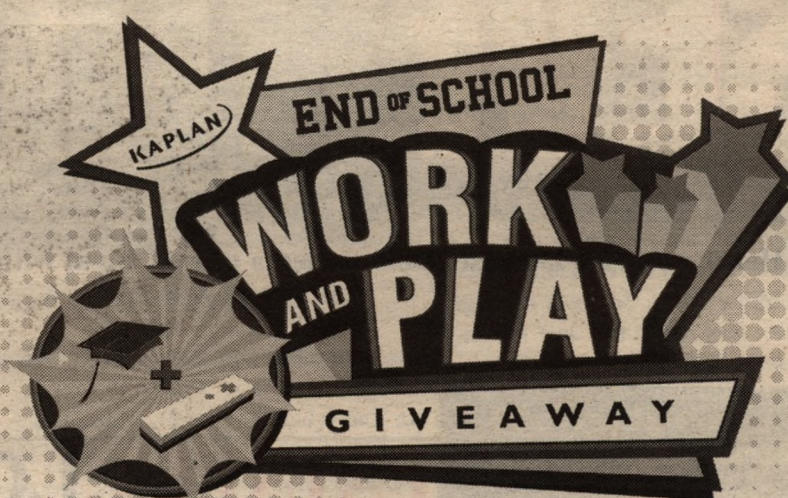
Choose your prize with Kaplan's Work and Play Giveaway!
50 winners will be chosen.

Enter at kaptest.com/workandplay by June 15th

KAPLAN TEST PREP AND ADMISSIONS

*Test names are registered trademarks of their respective owners. NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. VOID IN QUEBEC AND WHERE PROHIBITED, TAXED OR OTHERWISE RESTRICTED. Open to legal residents of the 50 United States and the District of Columbia, Puerto Rico and Canada (excluding the Province of Quebec) and students residing on a student visa in these eligible jurisdictions who are eighteen (18) years of age or older as of the date of entry. LIMIT: One entry per person and email address. All entries must be sent electronically or postmarked by June 15, 2008. For additional eligibility restrictions and instructions to enter, see the complete Official Rules, available at Kaplan centers and on-campus sites in the U.S., Puerto Rico, and Canada, online at kaptest.com/workandplay, or by sending a self-addressed, stamped envelope to Kaplan Grad School Giveaway, 1440 Broadway, 9th Floor, New York, NY 10018. Fifty (50) winners will be selected from all eligible entries received in a random drawing to be held on or about July 18, 2008. Odds of winning depend on total number of eligible entries received. Participation in this promotion constitutes entrant's full and unconditional agreement to and acceptance of the complete Official Rules. If you do not wish to receive notice of future Kaplan Test Prep and Admissions promotions, contact the sponsor at Kaplan Test Prep and Admissions, Marketing Department, 1440 Broadway, 9th Floor, New York, NY 10018. PGR02081

LSAT | GMAT | GRE | MCAT | DAT | OAT | PCAT



A Nintendo® Wii™...or a Kaplan course?

Choose your prize with Kaplan's Work and Play Giveaway!
50 winners will be chosen.

Enter at kaptest.com/workandplay by June 15th

KAPLAN TEST PREP AND ADMISSIONS

*Test names are registered trademarks of their respective owners. NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. VOID IN QUEBEC AND WHERE PROHIBITED, TAXED OR OTHERWISE RESTRICTED. Open to legal residents of the 50 United States and the District of Columbia, Puerto Rico and Canada (excluding the Province of Quebec) and students residing on a student visa in these eligible jurisdictions who are eighteen (18) years of age or older as of the date of entry. LIMIT: One entry per person and email address. All entries must be sent electronically or postmarked by June 15, 2008. For additional eligibility restrictions and instructions to enter, see the complete Official Rules, available at Kaplan centers and on-campus sites in the U.S., Puerto Rico, and Canada, online at kaptest.com/workandplay, or by sending a self-addressed, stamped envelope to Kaplan Grad School Giveaway, 1440 Broadway, 9th Floor, New York, NY 10018. Fifty (50) winners will be selected from all eligible entries received in a random drawing to be held on or about July 18, 2008. Odds of winning depend on total number of eligible entries received. Participation in this promotion constitutes entrant's full and unconditional agreement to and acceptance of the complete Official Rules. If you do not wish to receive notice of future Kaplan Test Prep and Admissions promotions, contact the sponsor at Kaplan Test Prep and Admissions, Marketing Department, 1440 Broadway, 9th Floor, New York, NY 10018. PGR02081

SPORTS

The Spectrum

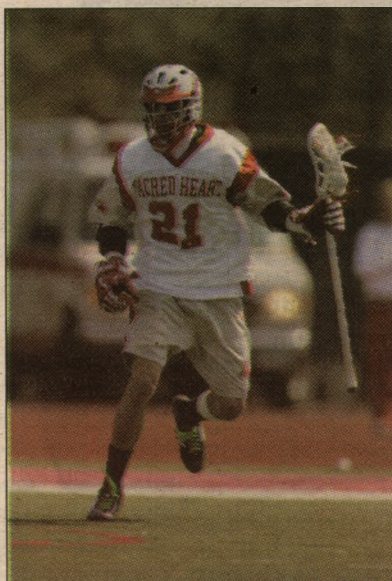
<http://spectrum.sacredheart.edu>

Seventh win
in a row puts
women's
lacrosse atop
NEC

SEVENTH HEAVEN

Sacred Heart women's lacrosse team earned a playoff birth with its weekend sweep of LIU and Wagner.

The Spectrum/ Kate Brindisi



PAINFUL LOSS

Men's lacrosse drops conference record to 1-2 with loss to Hofstra

page 14

SAY GOODBYE

Men's volleyball pays tribute to senior members but fall to NYU

page 15

